



Spring

NEWSLETTER
2025



The Power of One: A Mother's Day Reflection

Growing up, my mother had Sundays and Wednesdays off work. Sundays were for church and visiting family. But Wednesdays in the summertime—those were my favorite. Mom would pack sandwiches, gather me, my siblings, and a few neighborhood friends, and off we'd go to the lake for a full day of swimming and sunshine. Sometimes, we'd stop for ice cream on the way home, tired and sun-kissed from a day of adventure.

When I look back, I realize how much those days meant. They gave me a sense of security, freedom, and the confidence to explore the world. My mom made that possible.

Years later, local Faribault living legend George Wickstrom introduced me to the Power of One theory. It's simple but profound: just one caring adult can change the trajectory of a child's life. A Harvard study put it best—*"Every child who ends up doing well had at least one stable and committed relationship with a supportive adult."*

At Ruth's House, we see this truth come to life every day. When families arrive at our shelter, mothers and children are often in survival mode. But once they're in a calm, safe environment, something shifts. With support, routines begin to form. Staff gently model healthy parenting, connect moms to community resources, and get to know each family deeply.

As trust builds, we often notice developmental or behavioral concerns in children—things a parent in crisis may not have had the capacity to see. We walk alongside mothers through evaluations and diagnoses, and together, create daily routines and tools they can take with them into stable housing. We're not just a shelter—we're part of their village.

This Mother's Day, I invite you to reflect on the adults who shaped you. Maybe it was your own mother, a teacher, an aunt, a neighbor. I've been blessed to have many—starting with my amazing mom, but also my fourth-grade teacher, Ms. Griffith, my grandmothers, and women in my community who showed up when it mattered.

Consider honoring those people with a gift to Ruth's House. We've made it easy—you can donate in someone's name and we'll send a card on your behalf. ruthshousemn.org/mothers-day/

Because *the Power of One* is real. Your support allows us to be that one caring adult for families who need it most—and that kind of love has a ripple effect.

Happy Mother's Day,

Suzanne

Suzanne Fox
Executive Director

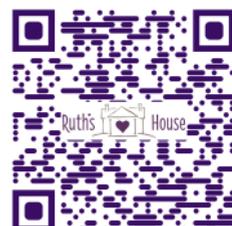
"Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult."
Center on the Developing Child at Harvard University



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

Main Phone: 507-322-2236
Outreach Office: 507-334-5043
Donation Line 507-323-8151

Scan to Donate:





Honor Your Mother

BY SUPPORTING MOTHERS IN CRISIS

Mother's Day is a heartfelt occasion to honor and appreciate the incredible women who raised, nurtured, and supported us. It's a day to celebrate the love, strength, and sacrifices that mothers make every single day—often quietly and without recognition.

Honoring your mother on Mother's Day is more than just buying a gift or sending flowers; it's about showing genuine gratitude and love for everything she has done and continues to do.

If your mother enjoys acts of service, consider doing something that supports mothers in our community. We would like to suggest that you consider supporting the mothers who come to Ruth's House and Sarah's House in crisis and in search of safety and support.

If you donate to Ruth's House in honor of your mother (in an amount no matter how large or small) by going to this link: <https://ruthshousemn.org/mothers-day>, Ruth's House will send a beautiful electronic Mother's Day card to your mother acknowledging your special gift made in her name.

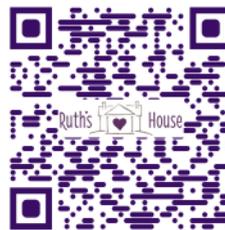
Ultimately, Mother's Day is about recognition, love, and gratitude. Supporting mothers in crisis reflects the deep appreciation and respect your mother deserves—not just on one day, but always.



Thank you!

Sue Stout
Outreach Coordinator

Scan to Donate:



Questions?
Please call our donation line, at 507-323-8151 or giveruth@gmail.com

Needs List

Donation Days:
Mondays 1:00-3:00 | Thursdays 4:00-6:00

Items on this list may be dropped off at our shelter in Faribault (call 507-332-2236 for directions)

- Disinfectant Wipes
- Paper Plates
- Paper Towels
- Postage Stamps
- Disposable Spoons & Forks
- Amazon Gift Cards
- Laundry Soap
- Disposable Cups



Hearts of Aloha

What an incredible evening! Our annual Helping Hearts Event on February 8th was a huge success, bringing together an amazing community to support Ruth's House with an unforgettable night at the 3 Ten Event Center in Faribault. The energy, generosity, and spirit of Aloha made the night truly special.

One of the evening's highlights was the new and exciting Cake Quest, which had the entire room buzzing with friendly competition. Each table joined in the bidding frenzy, vying for beautifully decorated confections and delicious homemade creations. The enthusiasm and generosity on display made it a thrilling part of the night, helping to elevate our fundraising efforts to new heights. We're already looking ahead to 2026!

SAVE THE DATE!
FEBRUARY 7TH, 2026

Stay tuned to our website and Facebook page for exciting updates. We can't wait to celebrate with you again!



THANK YOU!

TO OUR GRANTORS AND HELPING HEARTS EVENT SPONSORS:

- 1st United Bank (soon to be Community Resource Bank)
- Aldrich Technology
- Anonymous
- Bethel Lutheran Church
- Bonnie & Steve Wickstrom
- Brett & Janna Reese
- Daily News
- D & K Powdercoating
- Dr. Dave McIntyre
- Dick & Nancie Huston
- Donahue's Greenhouse
- Jeff Jandro Properties
- Joyce Elsen
- KGP
- Legacy House
- Marathon Tech Company
- Mark Zeller Attorney
- Merchants Bank
- Mike's Garage
- Monkey Motors
- Morristown Secure Storage
- Northfield Automotive
- Otto Bremer Trust
- Our Saviors Lutheran Church
- Rice County Area United Way
- Rent N Save
- State Bank of Faribault
- Sage Glass
- Thrivent
- Trekk
- Water Heaters Now

& thank you to Britt Marthaler for designing this newsletter.

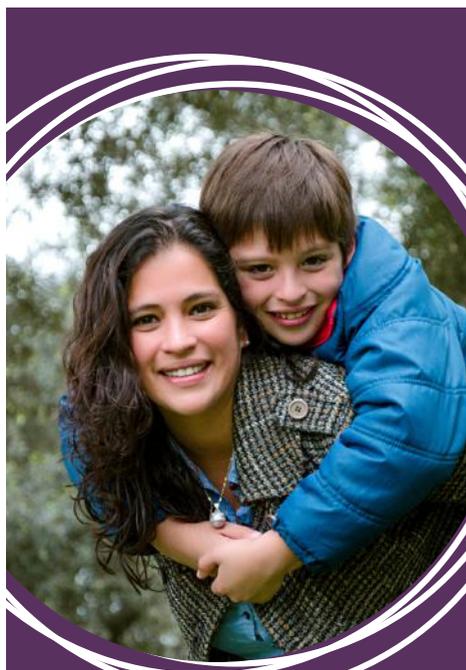


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Faribault, MN 55021

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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



Amanda's Story

"Put in the work, it's worth it!"

Written by:
Carrie Hackney
Operations Manager

When Amanda walked through the doors of the shelter, she carried more than just her bags—she carried the weight of years spent in a home where alcohol use disorder had shaped too many of her days. After completing treatment, she knew she couldn't return to the life she had left behind. Her partner refused to change, and she refused to let her children grow up in that environment. So, she made the hardest, bravest choice: she walked away.

At first, it was just her. She settled into the shelter, uncertain of what would come next, but from the moment she arrived, she felt welcomed. The staff didn't just give her a room — they gave her a place where she could breathe, where she could think about her future without fear. Soon, her children joined her. She worried about how they would adjust, but to her surprise, they quickly found their own rhythm within the shelter. They had a safe place to sleep, a space to do their homework, and a community that cared.

Meanwhile, the shelter's Program Director, Meghan, worked closely with Amanda to ensure her children both on the autism spectrum had access to the best educational opportunities. She helped enroll Amanda's sons in a STEM-focused school that matched their needs, providing her with a supportive learning environment. Although Amanda had a vehicle it needed many repairs. Meghan was also able to connect Amanda with the Community Action Center (CAC), which not only helped cover the cost of repairs but also assisted in finding a reputable repair shop,

ensuring her vehicle was made safe and reliable again—all at no cost to Amanda. For the first time in years, Amanda felt a sense of stability. She focused on her recovery, on parenting, on simply being present for her children.

Then, tragedy struck—the boys father very unexpectedly passed. Even with the complicated history between them, the loss was staggering. Grief crept into their room, wrapping itself around Amanda and her children in ways she didn't always know how to handle. But she wasn't alone. The shelter became more than just a roof over their heads; it was a foundation when everything else felt like it was crumbling. Amanda's Case Manager, Nicole, became an anchor for her. When Amanda struggled with feelings of guilt and grief, Nicole was there — a steady presence, a shoulder to cry on when the emotions became too heavy. She helped Amanda navigate the overwhelming process of starting over, guiding her through legal matters and ensuring she had the right resources to protect herself and her children.

As the months passed, Amanda focused on rebuilding her life. Nicole worked tirelessly alongside her — helping her apply for stable housing, advocating for her in meetings, and celebrating every small victory along the way. Almost a year later, Amanda was ready to take the next step. As she packed up their belongings, she realized that she wasn't just leaving the shelter — she was stepping into a life she had fought hard to create.