Below is a story of recovery and success told by one of our clients. After living with us, Wendell found motivation and success. He’s now attending school to earn his masters degree. He volunteers here with us, both in the Food Centre and in our housing building giving haircuts to residents who need them.

This success story happened because of YOU. Your support and advocacy for our clients and their journeys is what makes the life-saving work possible. We’re so glad you’re on Wendell’s team.

It’s been a long journey and House of Charity has really changed my life. The staff really gave me a lot of support and hope when I was a resident.

I come back to volunteer because of the possibility that I could potentially impact one person’s life in a positive way.

In 2010, my substance abuse and mental concerns prevented a great opportunity in the military. In denial, I started a business and failed. I was mentoring kids, volunteering, helping within the community and failed to address my personal issues. I let everyone down and lost my family, new house, new truck and new dog.

In 2017, I made my way here to Minnesota from Puerto Rico. House of Charity gave me a place to stay and a warm meal when my finances were depleted. The U.S. Veterans Affairs services here in Minnesota really helped me put my life somewhat together again. I’ve had bad experiences at different places which makes it difficult to trust healthcare providers.

“I hope to inspire others as some great leaders have inspired me.”

continued on page 4
MAKE A DIFFERENCE

Your gift has a profound and immediate impact on people like Wendell.

Just $50 provides supportive housing for someone in need.

Enclosed is my gift of $___________ to help feed, house, and empower as many people as possible. Please make checks payable to House of Charity. Feel free to use the envelope provided.

To make a credit card donation, please visit www.houseofcharity.org

☐ I am interested in leaving a gift to House of Charity in my will. Please contact me. Phone: (______) ____________________________

☐ My gift is in memory/honor (circle one) of:________________________________________

  Name: ____________________________ Email: ____________________________

☐ Check here and provide your email above if you would like to receive only our e-correspondence!

// Volunteer Highlight: CLARA

A few months ago, we had the chance to chat with Clara, a 7-year-old who is one of the most compassionate and generous people we’ve ever met.

Her birthday party was in February and instead of asking for gifts, she requested that donations for House of Charity be brought. She and her guests also assembled care kits to be handed out to our homeless neighbors.

When asked why she chose to do this, Clara and her mom talked about how this isn’t the first birthday party that has been focused on giving; Clara has always been curious about and compassionate towards the homeless individuals she sees on the street and is always excited to give them one of the kits they keep in their car.

Clara’s birthday party raised $160 and she donated it all to House of Charity.

Her current goal is to meet the Mayor. Her family is building a new house and she wants their old house to become a place to house our homeless neighbors. And Clara wants to talk to Mayor Frey about making that happen.

If this is what our future looks like, we’re in good hands.

// Wendell’s Story:  continued from page 2

All in all, Minnesota has been good to me. I’m just trying to give back as much as possible. I hope to inspire others as some great leaders have inspired me.

Currently, I have been accepted into the Hamline School of Business in pursuit of a Master’s Degree in Business Administration with a concentration in Public Administration. My current GPA with the previous university’s MBA program is a 4.0.

In addition, I am working with the Department of Veterans Affairs and St. Cloud Small Business Administration to open up All American Barbers and Massage. Due to my hardships and life experiences, I plan to incorporate corporate social responsibility in my business entity.

To conclude, I thank God for making me a better man today than I was yesterday. I humbly pray that he makes me a better man tomorrow than I am today.

Wendell was hesitant to share his story but the difference that House of Charity made in his life can’t be ignored. You made his success and vision possible.
IMPORTANT UPCOMING EVENTS

We have two important events coming that we want you to be a part of. Read on below to get all the details and find out how you can get involved.

**The Walk to End Hunger**
This Thanksgiving, join us at the Mall of America to help end hunger in Minnesota. This is our second year participating in the Walk to End Hunger and we had so much fun last year that we want to make sure you join us!

**Date:** November 28th, 2019  
**Time:** 7:30-9:30am  
**Register:** walktoendhunger.org

**Client Holiday Party**
Every year, we host a holiday dinner for our clients. This dinner is complete with tablecloths, decorations and waiters (our staff and board). Our clients look forward to it every year (and we do too). If you’d like to be part of this special night, you can sign up to help in our volunteer portal. We’d love you have you there!

**Date:** December 18th, 2019  
**Time:** 5-6pm  
**Sign up:** houseofcharity.galaxydigital.com

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**THE HEART OF THE CITY CLUB**

Since our beginning in 1953, we have had supporters who faithfully give every month, without hesitation, because they believe in the individuals House of Charity serves.

It probably took us too long, but we have finally given that group of MVPs a name: the Heart of the City Club. We have always considered our programs and facilities to be the heart of the city but the true heart of the city is our dedicated and passionate supporters and advocates. You make it possible to feed 300 meals a day in our Food Centre. You make it possible to give a warm and safe place to live to more than 100 men and women. You are the reason that hundreds of individuals are regaining freedom and independence from substance abuse and mental illness.

If you are not already a monthly giver, will you join the Heart of the City Club? We’ll send you exclusive quarterly updates but more important than that, your regular support will allow our clients and residents to dream bigger and achieve more.

BONUS: Because of a gift from the Otto Bremer Foundation, every gift you give as a new recurring donor will be doubled for the rest of the year!

www.houseofcharity.org/recurring-donation

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**SELF-CARE AND MINDFULNESS**

Favorite practices and tips from our staff

Self-care and mindfulness are vitally important parts of not only recovery but living a healthy life.

Our staff knows that and works to not only have practices to stay healthy themselves but to also equip our clients with the tools they need to be healthy as well.

Below are self-care and mindfulness tips and practices from our House of Charity staff:

- **Exercising**
- I try to make my surroundings as cozy and pleasing to the senses as possible. This includes having items in my spaces that are meaningful, colorful, and calming. I also like to include some of the elements in my area: plants and rocks from the earth, a diffuser to provide calming scents in the air, the sounds of water and nature playing on my Pandora.

- **Sitting and staring at the sky**
- Go to a concert and listen to live music; do some dancing. A lot of live music is free! And dancing can always be free.

- **Mindfulness breathing.** Breathing in through the nose for 5 seconds from the diaphragm and then blowing out through the mouth. I set a reminder on my phone to make sure I do this regularly.

- **Support groups**
- Five minutes of watching myself breathe slowly is the best thing I do for myself everyday, except sleep. Sleep is the best.

- **Meditation**
- When we are trauma informed, we are able to have healthy boundaries, and do not internalize other’s behavior; hence reducing our stress. Understanding that everyone is doing the best they can, in their specific circumstances reduces judgement, and prevents us from putting our expectations on others.

- **Listening to music or comedy shows**

- **Mindfull exercise that is focused on the time you are exercising rather than finishing the exercise teaches present awareness just as well as seated meditation in the fanciest meditation center money can buy.**

What are your go-to self-care and mindfulness practices for when you are feeling stressed or worn out?
A NOTE FROM CHARLIE
// Recovery at Day by Day

Charlie has been a part of the Day by Day team for over two years. In that time, he has had an impact on countless lives as he’s walked with our clients through recovery and empowered them to start new lives with new independence.

Our Day by Day Program has been slowly transitioning to an ever more person-centered system of treatment in which each person has an individual responsibility for determining their own self-care and what recovery looks like for him/herself.

This concept is reflected in House of Charity’s mission of empowering individuals to achieve independence by transforming lives, one person at a time.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as:
“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

The cornerstones of a recovery journey include: having a safe home; having stable health, participating in a supportive community; and being directed by one’s own sense of purpose.

Services designed to help one on their journey to recovery are more likely to succeed when they take into account the ten guiding principles set out by the Substance Abuse and Mental Health Services Administration (SAMHSA).

These principles assert that:
• Recovery emerges from hope
• Recovery occurs via many pathways
• Recovery is holistic
• It is supported by peers and allies
• Recovery is culturally based
• It is supported by addressing trauma
• Recovery involves family and community
• Recovery is borne from the individual’s strengths and sustained by their taking on personal responsibilities
• Recovery is person-driven

At Day by Day we recognize that building a new life free from the harm brought about by substance use and homelessness takes time, benefits from loads of support, and requires that we learn new coping skills that can replace the unhelpful skills we developed while we were using.

Recovery means striving towards wellness, going beyond simply reducing the direct harm that comes in the wake of our substance use. It is a process or journey, with many beginnings and will continue as we each move forward and reach for our full potential.