

# The Caring Corner



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## Mary L. House, CEO

Meet Mary L. House and you're sure to walk away feeling encouraged, inspired and even empowered to achieve your dreams. Mary's rich history includes overcoming poverty, nurturing a strong family, owning successful businesses and helping husband and pastor Bishop Clinton House, Sr. build the congregation of Mountaintop Faith Ministries in Las Vegas from just 13 members in 1990 to more than 4,000. Today she is a successful businesswoman, family advocate, spiritual leader, motivator and mentor, literally inspiring hundreds of women, thousands of families and countless strangers on a regular basis.

Mary's passion is to encourage and lift those in need by providing them with tools to achieve a life of self-sufficiency. In 1996, she and husband Clinton founded the faith based non-profit community organization Caring, Helping and Restoring Lives, Inc. (CHR) to help families of the unemployed and under-employed in Southern Nevada. In the last seven years, CHR

## Meet the President & CEO

has utilized more than six million dollars in federal grants and private funding to provide assessment, training, coaching,



counseling, placement and support to help thousands of adults and dislocated workers find gainful employment and upward mobility. Mary has a contagious passion and determination to ensure that each client thrives, which sparks the same enthusiasm in counselors and other CHR staff. Not only do clients get the important technical

assistance they need, but also a routine dose of encouragement to boost their confidence!

As a business owner with more than 10 years experience, Mary has taught classes in people management, sales, goal setting, planning, money management and other topics pertaining to managing a successful business. Her philanthropic passion positively impacts the lives of all who encounters her.

The Moms In Business Network has honored Mary House with its annual "Women's Advocate Award," and she received the Nevada Phenomenal Women's 2008 "Inspiring Phenom Award."

As "First Lady" of Mountaintop Faith Ministries, she leads by example and routinely teaches thousands on topics that foster individual spiritual growth. Mary and Clinton House have two children, one daughter-in-law and two grandsons.

## CHR & Domestic Violence

While at a first ladies retreat, Dr. Mary L. House heard Ladonna Combs speak on domestic violence (DV). Mrs. Combs urged others to help educate and empower women of DV through grants and in-kind donations. Dr. House remembering that her mother and two sisters were DV survivors, answered the call and intertwined DV empowerment

with Caring, Helping and Restoring Lives (CHR), Inc.

Since answering the call, CHR, Inc. has conducted 14 DV workshops; has partnered with Mountaintop Faith Ministries to host an annual Women's Empowerment event, which host over 1,000 women per year; assist women with their "Dress for Success,"

and acknowledge DV and its survivors each October.

As CHR, Inc. moves forward, Dr. House has become a voice for women of domestic violence throughout the Nation. She has taken the torch and is urging others to join the cause.

## February— CHR Workshop

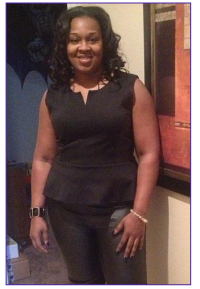
February kicked-off the first CHR Workshop as Dr. Mary L. House welcomed ladies to the 2017 CHR Empowerment Workshops.

Guest speaker Rhonda Jackson and Larissa Drohobycz, Esq., provided the workshop volunteers tools for Economic Empowerment. Ms. Jackson spoke on the Real Value of Your Money (Spend Wisely to Gain Financial Freedom), along with the Top 3 Financial Goals. Attorney Drohobycz provided information on wills and trust as it pertained to the Nevada State Law.

In the second half of the workshop Dr. House talked about CHR's purpose and responsibility to victims, survivors, and families of domestic violence.

The workshop was filled with women eager to learn and spread the word about CHR and it's imprint and impact on women issues.

Ms. Jackson also provided a free financial consultation to attendees and Attorney Drohobycz provided a free will to all CHR volunteers and participants who mention CHR as their referral).



Larissa Drohobycz  
Attorney at Law



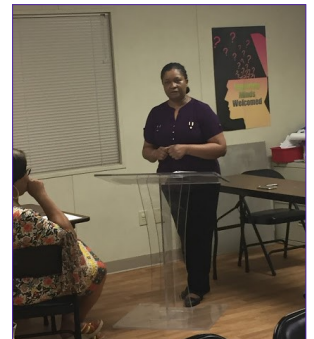
Photos above (top-bottom):  
Presenters Dr. Mary L. House, Chef  
Stacey Dougan and Stephanie Dykes.

## March — CHR Workshop

The place was packed as the Chef was in the house in for the March CHR Workshop. Chef Stacey Dougan made a healthy dish of vegan nachos and discussed how workshop participants could make "vegan-style meals, along with the importance of healthy eating.

Chef Dougan is the owner of Simply Pure by Chef Stacey Dougan restaurant at 707 Fremont St Las Vegas, NV 89101 (Container Park)

After a healthy meal, the ladies in attendance were introduced to "The Power and Control Wheel," presented by Barbara Crowley. Ms. Crowley discussed coercion/ threats, intimidation, emotional abuse, isolation, minimizing, denying & blaming, using children, male privileges and economic abuse. This impactful presentation allowed those in attendance to share their testimonies and love on



one another. It was a powerful moment for those in attendance.

## April — CHR Workshop

Are you ready for a job? Are you dressed for success? Are you prepared for an interview? Did you know that you're outdated by using an AOL email account? These were the questions asked and answered by presenter Stephanie Dykes during the April Workshop. Miss Dykes shared job readiness; resume tips, and tricks; dress for success; and

before, during, and after the interview. Stephanie Dykes works in Human Resource.

If you are a survivor, building self esteem is a must. Lady Jennifer Thomas enlightened, encouraged, and empowered the ladies in attendance to reach for the moon and the stars will fall. Lady Thomas shared ways to build self esteem from having mentors to speaking positive.



Photos above: Presenters Rhonda Jackson, Larissa Drohobycz, Barbara Crowley and Lady Jennifer Thomas.

## May— CHR Workshop

Sir Francis Bacon is known for saying, "Knowledge is Power." Therefore, having knowledge concerning the Nevada Law as it pertains to domestic violence is power. For the May workshop, Attorney Larissa Drohobzyer highlighted the Nevada Domestic Violence Resource Manual, which addresses, Understanding and Addressing Domestic Violence, Domestic Violence Laws, Law Enforcement, Prosecution, The Judiciary System, Civil Practice and Victim Services.

In the second part of the May workshop, Ms. Nicole Finklea discussed, "It Hurts When I Love (Effects of Emotional Abuse)." Ms. Finklea was able to speak from personal experience teaching on What is Emotional Abuse? Signs and Symptoms; Examples of Emotional Abuse; Short and Long Term Effects of Emotional Abuse; Healing from Emotional Abuse; Short and Long Term Effects of Emotional Abuse on Children and 30 Signs You May Be Overlooking.

Presenter Attorney Larissa Drohobzyer and Ms. Nicole Finklea



## June — CHR Workshop



Self-Defense Techniques  
presenter Rashieda Shabazz

In June, Mrs. Rashieda Shabazz presented simple household items a person could use if confronted by a perpetrator of assault. Items such as a water bottle, hair brush, nail file, car keys, and the good 'ole mace can be used. These items are often carried in women's purses or on their person. Mrs. Shabazz talked about safety, making sure women check their surroundings, park in a lit area, walk in groups or near crowds, and making sure they inform others of their whereabouts.

During the second half of the June Workshop, Ms. Rhonda Wisener walked women through the Safety Plan, a personalized, practical plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety planning involves how to cope with emotions, telling friends and family about the abuse, taking legal action and more.

Every women in attendance left educated, encouraged, and empowered!



Developing A Safety Plan  
Instructor Rhonda Wisener

## JULY— CHR Workshop

It may come as a surprise to some that men are victims of domestic violence (DV). In our July Special Presentation, Mr. Jamaal Moore talked about, "Domestic Violence and the African American Male."

Mr. Moore informed those in attendance that statistics showed that in Relationship Violence, more than 1 in 3 women and more than 1 in 4 men have been a victim of Relationship Violence in their lifetime; nearly 50% of women and 40% of men between the age of 18-24 have experienced Relationship Violence for the first time; and 58% of college students have admitted they do not know what to do to help someone who is a victim of Relationship Violence.

Relationship Violence can be defined as repeated behaviors such as threats, verbal abuse, and physical assaults, involving adults who are in an intimate dating relationship. Relationship Violence typically refers to two adults who are not married, not living together, and have no children in common. Several signs to serve as a guide to help determine if the relationship may be abusive are: manipulation with lies and contradictions, harassment about imagined affairs, destroying furniture, breaking appliances, punched holes in walls, humiliated in public or private, ignored feelings, and so much more... The men and women in attendance were enlightened by the presentation.



Presenter Jamaal Moore at the July Workshop





# CHR, Inc., & The Clean Energy Initiative



CHR has partnered with the Nevada Clean Energy Initiative!

## WHAT IS CLEAN ENERGY?

Clean energy is a power that doesn't create pollution as a side-effect. Dirty energy, on the other hand, is created by burning fuels that create pollution, which is bad for our health and environment. Clean energy can also be called "renewable energy" and we also include energy efficiency as a related program because it reduces the use of dirty polluting energy.

**Renewable Energy** is power generated from natural resources – such as sunlight, wind, and geothermal heat – which are naturally replenished. Dirty energy comes from limited resources which are gone once burned. Renewable energy technologies include solar power, wind power, and hydroelectricity.

**Energy Efficiency** is using less energy to do the same things. For example, insulating a home allows a building to use less heating and cooling energy to achieve and maintain a comfortable temperature. Also, using compact fluorescent (CFL's) and LED light bulbs requires less energy than an incandescent bulb to produce the same amount of light.

## WHAT ARE THE BENEFITS OF CLEAN ENERGY?

Generating electricity from renewable sources and conserving energy through efficiency has many benefits:

**Creates jobs** – The clean energy economy in the United States is putting more and more Americans to work. Solar and wind energy are among the fastest-growing industries in the nation, employing hundreds of thousands of Ameri-

cans in positions with good wages. Energy efficiency technology and retrofits also employ millions, and many of these jobs are local and can't be outsourced, improving the economy.

## Stabilizes and lowers energy costs

– The price of renewable energy has dropped a lot over the last few years and is now competitive with dirty energy prices. While the supply and cost of fossil fuels like coal, oil, and natural gas fluctuate, the cost of operating clean energy facilities is constant and resources like the sun and wind are free. Energy efficiency lowers energy use which lowers energy bills.

## Improve public health and environmental quality

– The air and water pollution emitted by coal and natural gas plants are linked to breathing problems, neurological damage, heart attacks, and cancer. Solar and wind energy produce none of that pollution. Fossil fuel pollution is also causing a devastating change in the climate – and we feel the effects of it here at home and across the globe. We're constantly setting heat records, wildfires, and droughts in the West while seeing more intense weather patterns generally around the world including floods, hurricanes, and more. Again, clean energy doesn't produce the carbon pollution that is warming our planet.

## Provides a more secure energy supply

– Our old model of energy production, centralized in big power plants, is vulnerable to outages and even attacks. A few key transmission lines or power plants going down could put major cities out of commission. Clean energy adds new power sources, and by having solar panels on individual roofs, we create a power system that is more reliable and resilient. With finite fossil fuels, some of which are imported from other countries, diversifying with clean energy makes the US more self-reliant.

## WHERE IS NEVADA NOW?

### Public support for Clean Energy:

Survey after survey shows that more than 70 percent of Nevadans want our state to get more energy from clean and renewable sources, and support a variety of policy ideas to get us there.

### Clean Energy Progress:

The Legislature recently finished its 2017 session, and it was good for clean energy. State lawmakers passed 11 new measures with support from both parties, and Governor Sandoval signed 9 of them into law. These policies fix the rooftop solar program, increase energy efficiency, invest in batteries that can store renewable energy, set aside funding for low-income programs, and more. A few highlights:

**Energy Efficiency** – Two new laws improve energy efficiency programs and require a certain percentage of funds for those programs specifically go to low-income households. As a result, homes, and businesses will get help finding and making improvements that save energy and lower bills.

**Clean Energy Fund** – A new fund has been set up to specifically help Nevadans afford clean and renewable energy projects. It will take private donations and match investments to provide long-term, low-interest loans. This results in more clean projects reaching more people sooner.

*Continue on page 5.*

## CHR, Inc. & The Clean Energy Initiative cont.

The two policies that did become law were:

**Renewable Energy Standard:** Would have required 40% of the state's energy to come from clean sources by 2030, spurring a faster transition away from fossil fuels. The current requirement of 25% by 2025 remains in effect.

**Community Solar Gardens:** Would have allowed for a new type of solar project in between individual rooftop solar and large-scale solar plants. These projects would use open lots or large rooftops to create mid-size solar "gardens" and a variety of homes and businesses could sign up to receive a certain percentage of the energy generated. This would have given members a bill credit, lowering energy bills and opening access to clean energy for renters and others who aren't able to get rooftop solar for any reason. There were also funds set aside to help low-income communities access these gardens.

There's still more work to do to move the state forward on issues of clean energy. We must be vocal to ensure it's a priority of our elected officials, and that programs are accessible to all Nevadans.

If you would like to learn more about the Clean Energy Initiative, visit: <http://www.chrinc.net> or email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net).



Gov. Brian Sandoval is surrounded by lawmakers and stakeholders as he begins signing three energy bills, including one restoring net metering in Nevada, at Tesla's Las Vegas warehouse on Thursday, June 15, 2017.

Dr. Mary L. House (left) and State Senator Pat Spearman (right) are present for the signing of the energy bill.

## Women's Empowerment Group



August 17-18, brought together over 1,000 women to the 2017 Women's Empowerment Group (WEG) Women's Conference. Women were empowered in **Body** with Zumba by Dr. Sheila Poole; **Mind** with Mental Issues by Moderator Juana Hart and panelist: Dr. Nadia Parson, Sandra Abdullah, and Amber Gailbrith; Financial Issues with Rhonda Jackson; Legal Issues with Attorney Larissa Drohobyczer and attorney's; and **Soul** with guest speaker Prophetess Joyce Haddon, who released a Pentecostal explosion upon all who were in attendance.

The conference also had health and business tables, free mammograms, a NV Clean Energy presentation, and much more.

CHR participants were invited to attend as part of the close of their 2017 Workshops. Thank you to all who attended and assisted with the Conference.



## Pink & Purple Worship

October is recognized Nationally as Breast Cancer and Domestic Violence Awareness; and every year, MFM First Aid Ministry in conjunction with CHR, Inc. host their Pink & Purple Worship service.

MFM ask its members and guest to wear pink and/or purple to commemorate the event. Throughout the two services (8am and 10:45 am), women, as well as men, were recognized for their survival of breast cancer and domestic violence, as First Lady Dr. Mary L. House, provided statistics on domestic violence and breast cancer.

A special thank you to Bishop Clinton House, for allowing this platform; to the North Las Vegas Fire Department, who brought Pearl (pink fire truck); FAM members who conducted the health table, providing information on breast cancer; and CHR, Inc. who had a table providing information, as well as, sign-up for volunteers for the CHR, Inc. Empowerment Workshops.

## Looking to 2018!

CHR, Inc. appreciates and is grateful for every partnership, donation and volunteer support throughout 2017.

CHR, Inc. would especially like to thank the CHR Empowerment

Workshop volunteers who have donated their time and talent to bless the participants.

If you have any questions, comments, concerns, or simply would like to donate to CHR, Inc., please contact Dr. Mary L. House at (702) 908-5753 or email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net).



*a faith-based community non-profit corporation*

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Dr. Mary L. House  
Chief Executive Officer

Board of Directors

Clinton House, Chairman  
Aubrey Branch, Vice Chairman  
Sylvester Mitchell, Treasurer  
Richard Burrus, Jr., Secretary  
Kevin Boyd, Board Director  
Victoria Simon, Advisor

## Welcome to CHR Inc. Caring, Helping and Restoring Lives

### OUR VISION IS:

To assist under-employed and unemployed adults with employment opportunities that lead to a lifestyle of self-sufficiency.

### OUR MISSION IS:

To bring hope, help, and healing to victims of domestic and sexual violence through the love of Christ, counseling, education, and services. The individuals participating in this program will need combined and continued economic empowerment, case management, recovery services, and advocacy to help them maintain healthy, nurturing and violence free lifestyles.

### OUR DOMESTIC VIOLENCE PROGRAM:

CHR Inc's Culturally Specified Domestic violence Prevention Program provides entrepreneurship, resume writing, interviewing and dressing for success assistance and victim advocacy services for families who are victims of domestic and sexual violence.

### FUTURE PROGRAMS—Phebe's Homes

Is a low income housing development program with the following Mission:

To provide a housing development which will nurture individuals by providing financial counseling to promote debt free living, providing case management to tenants which will assist them in upward mobility in the workforce.

# The Vision of CHR, Inc.

### Who Is Your Target Base?

CHR, Inc. target is adult African-American men and women. Men and women who seek to better their lives through employment, training assistance, job preparation, childcare and transportation & food vouchers.

### What Are Your Future Plans?

CHR, Inc., has expanded its organizational vision from assisting under-employed and unemployed adults to also assisting Domestic Violence victims. With expansion brings expenses; therefore, CHR, Inc. is seeking funding that will allow the organizational growth to be housed in a facility conducive to its growth.

CHR, Inc. plans to employ a staff that is ready and able to meet the needs of those seeking the priceless tools CHR, Inc. has to offer and to empower volunteers to assist.

*To not only be queens for a day but  
TO BE QUEENS FOR A LIFETIME!*

### How Can I Partner With CHR, Inc?

This faith based organization, CHR, Inc. is continually seeking Corporate sponsorship as well as In-Kind donations that will allow the vision of CHR, Inc. to move forward. Simply contact,

Dr. Mary L. House  
Phone: (702) 908-5753  
Fax: (702) 974-1815  
Email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net)  
[www.chrinc.net](http://www.chrinc.net)

Feel free to go to the above website and take advantage of our Secure Online Support service through Paypal, and give a tax-deductible donation.

*On behalf of the staff at CHR, Inc., we hope you enjoyed the newsletter...*

