

CHR, INC.
(CARING, HELPING
AND RESTORING LIVES)

The Caring Corner



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Dr. Mary L. House, CEO

Meet Dr. 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 has utilized more than six million dollars in federal grants and private

Meet the President & CEO

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, they also get 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. Dr. House holds two Doctorate degrees (Doctorate of Divinity and a Doctorate of Humanity).

Mary and Clinton House have two children, a 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 CHR (Caring, Helping and Restoring Lives) 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, each October that host over 1,000 women per year; and assist women with

their "Dress for Success" and Job Readiness, which prepares DV survivors for the workforce.

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.





Photos above (top-bottom): Presenters Rhonda Jackson, Chef Stacey Dougan and Dr. Mary L. House; and (Right of Page) Stephanie Dykes.

February— CHR Workshop

On February 15, 2018, Dr. Mary L. House welcomed ladies to the first CHR, Inc. Workshop of the year. Dr. House shared her heart as she spoke about the history of domestic violence and CHR's purpose and responsibility to survivors, supporters, and families of domestic violence.

The workshop also featured an Economic Empowerment session by guest speaker Rhonda Jackson. Ms. Jackson, a financial advisor has managed millions of dollars for clients throughout the years. In this workshop, she provided information on financial planning which included a *52-Week Money Saving Challenge*, *New Year Resolutions*, *Things You Want To Do*, *Big Goals For This Year*, *Monthly Budget*, *Grocery List*, and a *Monthly Budget Worksheet*. The packet is available through CHR, Inc., however, the handout for economic empowerment can only be explained through the knowledge and expertise of Ms. Jackson. Ms. Jackson offered a free consultation to those who attended the February workshop!



March — CHR Workshop

CHR knows the importance of healthy eating. Nevada has the ninth lowest adult obesity rate in the Nation but in the past seven years has increased by 10% (from 16.0 in 2000 to 26.7 in 2017). Nevada has the 29th highest obesity rate for youth ages 10 to 17 (stateofobesity.org).

Each year, Chef Stacey Dougan, owner of Simply Pure restaurant, volunteers her time to bless CHR, Inc. with a healthy dish while teaching the importance of healthy eating. Chef Dougan's passion for healthy eating through vegan meals is evident in everything she cooks. In the March workshop, Chef Stacey made a healthy vegan salad.

Chef Dougan's restaurant, Simply Pure by Chef Stacey Dougan, is located at 707 Fremont St Las Vegas, NV 89101 (Container Park).



April — CHR Workshop

The job market is highly competitive. Therefore, it is imperative for women to be ready for the market. For the second straight year, CHR, Inc. brought in Stephanie Dykes, a human resource expert who was able to talk about Job Readiness and Dress for Success. Miss Dykes shared tips such as: Applying for a Job—Set aside quiet time; Resume Tips—Contact information should be updated, clear, easy to read and listed on the resume; Dress for

Success—Dress for the job you want not the job you have: Before the Interview—Arrive 15 minutes early; During the Interview—Smile; After the Interview—Thank the Interviewer; and, Things to Remember—remember to Proofread your resume/application. Miss Dykes provided a lot of information to help anyone who desires to be employed.

Self-esteem ~ the confidence in one's own worth or abilities; self-respect. Who else would be better to speak on self-esteem than



the "fire-ball" Dr. Mary L. House. Dr. House encouraged, motivated, and ignited everyone in the room to think, speak, and be positive; that everyone is priceless.

The CHR, Inc. workshops are provided to EMPOWER!

May— CHR Workshop

Self-Esteem continued into May as round table discussions were held at the CHR May Workshop. The ladies took time to answer and discuss a Self-Esteem Questionnaire by Dr. Marilyn J Sorensen, Clinical Psychologist and Author of *Breaking the Chain of Low Self-Esteem*. The 50-questions were adapted from her book. Below are 10 of the questions exerted from Dr. Sorensen’s book:

1. I generally feel anxious in new social situations where I may not know what is expected of me.
2. I find it difficult to hear criticism about myself.
3. I fear being made to look like a fool.
4. I tend to magnify my mistakes and minimize my successes.

5. I am very critical of myself and others.
6. I am very concerned about my appearance.
7. I fear making a mistake which others might see.
8. I often feel depressed about things I’ve said and done, or things I failed to say or do.
9. I tend to think negatively much of the time.
10. I am easily discouraged.

The ladies checked each box that was applicable. Open discussions allowed each person to examine themselves. Each were able to look back over their lives to talk about the happiness as well as the hurts.

June – CHR Workshop



On June 14, 2018, Ms. Rashieda Shabazz was the presenter for CHR, Inc. Self Defense Techniques. She informed the participants that there are numerous items for women to use if ever confronted by a perpetrator. A pen, hair comb, keys, glasses, and phone, are good 'ole fashion tools that can be used to fight off an assailant for mere seconds of escape. Ms. Shabazz reminded women of the importance of safety; such as, when walking, do not carry a lot of packages; as you walk to your vehicles, check your surroundings; park in lit areas; walk in groups or near crowds; and make sure you inform others of your whereabouts.

During the second half of the Workshop, Ms. Rhonda Wisener walked women through the *Power Control Wheel and a Safety Plan*. The wheel involves physical and sexual violence (involving using economic abuse, coercion, threats, intimidation, male privileges, children, isolation, and more). The Safety Plan is a personalized, practical plan that includes ways to remain safe while in a relationship, plans to leave, or after you leave. Safety planning also involves how to cope with emotions, telling friends & family about the abuse, taking legal action, and more.



JULY— CHR Workshop

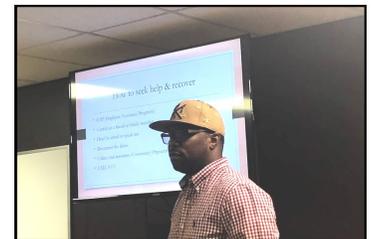
Every year, CHR, Inc., allows a forum for *Domestic Violence in the African American male*. People instantly think of women when it comes to domestic violence. Men are survivors as well. Mr. Jamaal Moore is a survivor and he shares his testimony as well as statistical information.

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.

Mr. Moore identified how to seek help and recover, noting: the EAP (Employee Assistance Program); confide in a friend or family member; don’t be afraid to speak out; document the abuse; utilize your resources (community organizations); and Call 911.

CHR, Inc., is one of the community organizations that is a support to survivors of domestic violence. The CHR, Inc. Workshops are held the 2nd Thursday of every month (Feb-Sept. 2019) from 6:30-8:00 pm.



CHR, Inc., & RENEWV

CHR is a partner of the ReNew Nevada Coalition.

The Coalition released its 2017 Clean Energy Legislative Scorecard

The RenewNV coalition released the first-ever clean energy legislative scorecard, which grades the 2017 Nevada Legislative Session on clean energy policies – 11 bills passed out of the legislature and 9 of them were signed into law by Governor Sandoval. This historic set of bills were supported by a bipartisan group of Nevada Legislators which shows that Nevadans overwhelming care about clean energy issues and that these issue are not partisan. Information provided by: <http://renewnv.com/renewnv/renew-nevada-coalition-releases-its-2017-clean-energy-legislative-scorecard/>

Cement Nevada’s Status as a regional and national clean energy leader.

Under Nevada law, the state’s major utility is required to get 25 percent of its energy from renewables by 2025. That law worked to spur renewable energy development in the past, but today we only get 14 percent of our energy from renewables generated in Nevada. It’s time to update our policies to ensure Nevada remains competitive. It’s time to increase the amount of energy we get from renewables to 50 percent by 2030 and 80 percent by 2040. And we need policies that ensure new demand for electricity is met with clean energy that creates the greatest economic, environmental and jobs benefits to Nevadans.

Revitalize the rooftop solar industry and bring back solar jobs.

It’s time to rebuild our rooftop solar industry with long-term policy solutions that protect existing solar customers and encourage the solar industry to return good jobs to Nevada. In addition to fairly compensating homeowners who invest in rooftop solar, the state should make it easier for neighbors or organizations like churches to pool their resources to install shared solar installations that supply neighborhoods with consistent, inexpensive clean energy. These policies will open doors to renewable energy for all Nevadans, including low-income communities and communities of color.

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.



Photos (top-bottom—Left side):

Dr. House standing next to a CCSO hybrid school bus as they look to go green; NV State Representative Dina Titus speaking at a clean renewable energy initiative meeting. Dr. House at a PUCN meeting. Dr. House in a Tesla vehicle and a poster for businesses in support of the Clean Renewable Energy Initiative.

Photos (top-bottom—Right side):

Dr. House with Senator Pat Spearman & Staff. Dr. House at the PUCN Media Conference; and, Dr. House with Leora Olivas, EF State Director.



Attacking Asthma: A Clean Air Workshop
5:30-7:30 pm
2275 Renaissance Dr Suite C Las Vegas NV 89119

Community Involvement for Domestic Violence (DV)

Dr. Mary L. House has a passion to be a supporter to DV survivors. As a child survivor of DV, she knows first hand the effects it has on families. Her DV platform under CHR, Inc. provides specifically for African American women to be heard, supported, and provided the resources to continue their survival. As a First Lady of one of the largest growing churches in the City of Las Vegas, and as an activist in the community, Dr. House has been able to partner and participate in various events throughout the city.

On October 20, 2018, she was invited to provide the opening prayer at the *Survivor Sister's Domestic Violence Breakfast*. The event was sponsored by Brenda Braam—President of Missio Dei CDC. Representatives from the Department of Justice and Safe Nest were present. The Keynote Speaker was Yvette Cade, a National Spokesperson for DV who wears the scars of her survival. One of her most profound statements, "They have more dog shelters than they do women shelters." The program was devoted to forming new relationships among survivors, empowerment, and increasing awareness on DV issues.



Photos (top row l-r): Opening Prayer by Dr. House; Introductions by President Brenda Braam; (bottom row): Keynote Speaker Yvette Cade, and Dr. House with other guest.

Women's Empowerment Group



"My Words Have Power" was the theme of the 2018 WEG (Women's Empowerment Group) Conference. The two-day event, held August 16-17th, brought together over 1,000 women to be empowered by the words they speak. Women were empowered in **Body** with Zumba by Dr. Sheila Poole. They received a **Mind**-break of wisdom, knowledge, and understanding. Wisdom from the "Mother of the House," Dr. Mary L. House; Knowledge from none other than the explosive Dr. Ane Mercer; and a financial Understanding from financial-guru Minister Rhonda Jackson. The **Soul** was touched by the Holy Ghost moving in Dr. Jazz.

This year's conference had a slight change as the White Finale came on the first night of the conference (Thursday) instead of the last night (Friday). The shift worked out great. If you would like to register for the 2019 WEG Conference, you can go to www.mfmnv.org—Pray to see you there!



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 trunk) ; to the American Cancer Society (Las Vegas) and the MFM First Aid Ministry who conducted health tables, and CHR, Inc. who had a table providing information on their Empowerment Sessions and Clean Energy Initiative.

It is Dr. House's desire for all churches to have the same Sunday in October for a Pink & Purple Worship service!

Looking to 2019!

CHR, Inc. appreciates and is grateful for every partnership, donation and volunteer support throughout 2018!

CHR, Inc. would especially like to thank the CHR Empowerment Workshop volunteers who have donated their time and talent .

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

God bless you and we will see you in February 2019.



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 and to educate the community regarding clean, renewable energy.

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 and to educate our community regarding clean, renewable energy. Individuals participating in workshops 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. Our target is also to those desiring a clean, healthy environment through renewable energy.

What Are Your Future Plans?

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

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
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.

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

