



Katie Allston, LCSW-C
Executive Director

Terry Weigel
Director of Advancement

advancement@marianhouse.org



CHANGE SERVICE ADDRESS

UPCOMING EVENTS

Thursday Tours - February 13, 2020 | March 12, 2020 | April 9, 2020 - 949 Gorsuch Ave.

Hear from our Executive Director, one of our residents and tour the place our women call home! Tours occur every second Thursday of the month from 8:00 - 9:30AM. Please RSVP to advancement@marianhouse.org

Community Night at Gertrude's - February 6, 2020 - Gertrude's Restaurant

Join us for dinner from 5:00 - 9:00PM and a portion of your check will be donated to support Marian House. Make your reservation today: 410-889-3399

BLINGO! - March 25, 2020 - ServePro of Hunt Valley

Play bingo and win bling! Enjoy refreshments and 11 total games of bingo.

SAVE THE DATES!

Annual Ravens Season Ticket Raffle - April 1 - July 30, 2020

38th Anniversary Day of Giving - April 16 & 17, 2020

Volunteer Appreciation Event - April 23, 2020

Breakfast to Honor Mary Pat Clarke - May 7, 2020

VOLUNTEER SPOTLIGHT

Chris Brown

Chris Brown is the President of Geiger Pump & Equipment Company in Baltimore, Maryland. He has worked for the Mid-Atlantic based industrial and environmental equipment distributor for over 25 years. Chris is an avid Baltimore Ravens fan and wonderful dad to two beautiful daughters.



Chris was first connected to Marian House through Fr. Tom Malia at Mercy Medical Center, and like many, was touched by an initial visit to the Transitional Supportive Housing Program where he saw the transformative work firsthand.

For three years, he and fellow volunteer, Wayne Ruth, have gathered friends, family and colleagues to assist Marian House with new flooring, planting work days, holiday festivities and more! Collectively their group has become known as "the Herd" because they are constantly recruiting others who wish to give of their time and treasure. With many members in the food service industry, the group is known for "bringing the party" to Marian House.

One standout visit for Chris was when he brought authentic king cakes back from New Orleans to share at the Marian House Mardi Gras dinner. The women were truly touched by the cultural experience and the thoughtfulness of this simple gift. Breaking bread and enjoying great food together built rapport and helped create a shared memory. Learning how to have fun while celebrating recovery is a valuable lesson they provide each time they volunteer with us!

In his years of service to Marian House, Chris has been "continually impressed by the women and their journeys," but he also shares that part of what keeps him coming back is working alongside Marian House staff. "They are always ready for us, whether it's with a preheated oven, clear expectations or providing a headcount." He knows his time onsite will always be rewarding and that he'll be met with many hugs of appreciation.

Many of "the Herd" are members of the Order of Malta, a lay religious order of the Catholic Church... active in 120 countries, who care for people in need through medical, social and humanitarian works. The sense of community that's built at Marian House has motivated the work of "the Herd" and is now something they are helping to perpetuate and grow. The group also volunteers two Sundays a month serving food at Sarah's Hope, a program of St. Vincent De Paul.

We're so grateful to have Chris and everyone from "the Herd," and we consider them a part of our Marian House family! Their hearts of compassion and respect are evident as they interact, talk, and listen to program participants, serve refreshments, and share activities.



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MARIAN HOUSE HEART OF THE HOUSE

LETTER FROM THE EXECUTIVE DIRECTOR

Happy New Year! We look forward to a successful 2020 due in large part to your continued support of Marian House in this new decade.

You may have heard the term “Trauma-Informed Care” and wondered what that means. A trauma-informed approach to care allows care teams to have a complete picture of a patient’s life situation — past and present — in order to provide services with a healing orientation.

At Marian House, we serve a complex, high-need population who have been exposed to many experiences that may cause trauma. The women we serve often have experienced several of the following traumatic issues: chemical addiction, chronic mental illness, intimate partner violence, incarceration, childhood abuse (physical, emotional and/or sexual), adult sexual violence, and homelessness.

Trauma-informed care plays a vital role in our residents’ achieving stable mental health and sobriety. Their treatment includes therapy to address the trauma that they have experienced and the teaching of coping skills necessary for long-lasting healing. Awareness of and attentiveness to residents’ trauma backgrounds is key as staff strives to provide holistic care and respond compassionately and appropriately to their needs.

Adopting a trauma-informed approach is not accomplished through any single technique or checklist. It requires constant attention, learning, caring awareness, and sensitivity. Participating in a trauma-informed program offers the Marian House residents the opportunity to engage more fully in their care and develop trusting relationships with our staff.

I hope this helps you to more fully understand our integrated program of care. It is that care that makes Marian House a very unique program for women and their children. We thank you for supporting our important work.

In love and peace,
Katie

RESIDENT SPOTLIGHT

Sheena

Before arriving at Marian House in May 2019, Sheena had just spent the last 8 months in the hospital and then a recovery center. It was her fifth time pursuing recovery, and yet the first time that she was fully committed to seeing a change.

“I was existing, but not living. I was introduced to alcohol and other substances at 21 years old when I started working as a dancer. At first, it was drinking for courage, then I started getting DUI’s. The judge I had tried to help me and he always believed I could recover so he sent me to treatment every time. I would complete treatment, but I always went back to drinking. But this last go-around, my drinking got so bad that I was having alcohol withdrawal seizures and my last seizure was a wake-up call, I was out for hours and woke up in the emergency room. I remember thinking, “What happened to me?” It was my spiritual awakening, the first time I cried out to God, the first time I wanted to change.”

At the recovery center, Sheena felt that she was finally learning, finally taking in the information and skills, and finally learning to live life differently. She knew this time would be different. A counselor at the recovery center told her about Marian House, and when she learned more about Marian House, she knew it was the next step she needed.

After graduating from the recovery center, Sheena came to Marian House.

“It was everything I thought it would be and more. For the first time, I have structure, a savings account, and am accepting help. I love IOP and counseling because it’s where I opened up for the first time and I learned that I needed help unpacking the trauma, dependency, and pain that I thought I had control of. Counseling helps me be better, so I can begin healing and letting go of the pain. I used to think that I could go back to drinking and be able to control it. Since being here, I realized that I can’t control it. It’s a disease. So I surrendered for the first time and committed to a home group, got a sponsor, and started working the steps.”

Sheena has been working hard on her recovery and rebuilding her life. She is fifteen months sober and this past December, Sheena graduated from GNA/CNA (Nurse Assistant) Training as valedictorian! She loves helping older adults and even won the “Most Compassionate” award among her peers. She wants to begin working, but also has her eyes set on becoming a Registered Nurse, owning a home and a car, and becoming independent.



“If you would have told me a year ago, that this is where I’d be, I don’t know that I would have believed you - I didn’t even know what a valedictorian was! I couldn’t be here without Marian House. My dreams are coming true. A year ago, I didn’t love myself and I was just existing.

Today, I have dreams and goals, I finally love myself, and I am truly living!”

We are so proud of Sheena for never giving up and for reaching her dreams!

*Support women like Sheena,
DONATE TODAY!*



MARIAN HOUSE HEART OF THE HOUSE

LATEST HAPPENINGS: *Holidays at Marian House*



The holidays wrapped up at Marian House after a handful of holiday parties and countless volunteer and staff hours. With your help, 137 women and 161 children were "adopted" for the holidays! Generous supporters like **YOU** donated robes, sweaters, bikes, basketballs, board games, dolls, cash donations, and more to help make the holidays magical for the women and children we serve!

Thank you!



MARIAN HOUSE HEART OF THE HOUSE

New Marian House Event for 2020!



WEDNESDAY, MARCH 25

6:00 – 9:30PM

SERVPRO OF HUNT VALLEY & HARFORD COUNTY
15 LOVETON CIRCLE, SPARKS, MD

**BUY TICKETS TODAY AT
MARIANHOUSE.ORG/BLINGO**

Tickets are \$50 and include heavy hors d'oeuvres, wine/prosecco, beer, soft drinks and sweet treats. Ten bingo games will be played for *bling prizes* and the 11th game will be a cover all for cash. Wine pull and raffle tickets are also available. Dress is “industrial chic.”

The *bling prizes* have a retail value of \$100+ for each item and have been donated by area jewelry stores and Marian House donors. We will feature the *bling prizes* on our Facebook page throughout February and March. If you have not yet liked our Facebook page, please do so at <https://www.facebook.com/MarianHouseInc/>

Current sponsors include: ServPro of Hunt Valley & Harford County, Mary Kraft HR, Best Friends Furever, Blue Ocean, Eco-Science Professionals, Inc. and HWK Law Group. The list of sponsors can be found on the Marian House website. If you are interested in becoming a sponsor, contact Terry Weigel at tweigel@marianhouse.org, 410-467-4250.

Help us to make this inaugural event a success by inviting people in your professional and personal networks to attend. This promises to be a fun night, with net proceeds to support the mission of Marian House, helping us to provide housing and support services to homeless women and children. For further information, contact us at advancement@marianhouse.org or 410-467-4246.

2nd Annual Community Night at Gertrude's

**COMMUNITY
NIGHT**



FEBRUARY 6, 2020
5:00-9:00PM

Please join us for food and beverages at our 2nd Annual Community Night at Gertrude's Restaurant, located at the Baltimore Museum of Art. We will gather on Thursday, February 6, between the hours of 5:00-9:00 p.m., and a portion of your check will be donated to Marian House.

You are encouraged to book your reservation early by calling Gertrude's, 410-889-3399. Please share this event with your colleagues, neighbors, friends and family and help us to sell out the event. The more you eat and drink, the more money that will be donated to Marian House. It's a win-win!

For further information contact Gertrude's or Terry Weigel at Marian House, tweigel@marianhouse.org, 410-467-4250.

Hope to see you there!