

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

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# The Caring Corner



VOLUME 4, ISSUE 4

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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 regularly.

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 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 15 years' experience, Mary has taught classes in people management, sales, goal setting, planning, money management and other topics on managing a successful business. Her philanthropic passion positively impacts the lives of all who encounter 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," along with various other awards.

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 Honorary Doctorate degrees (Doctor of Divinity and a Doctorate of Humanity).

Mary and Clinton House have two children and two grandsons.

## CHR & Domestic Violence

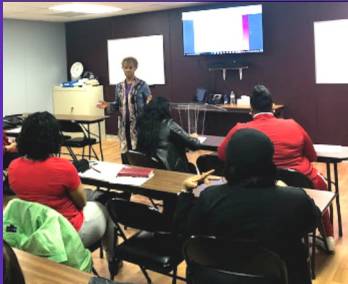
While at a first ladies retreat, Dr. Mary L. House heard Ladonna Combs speak on domestic violence (DV). Mrs. Combs urged others to help educate and empower women of DV through grants and in-kind donations. Dr. House remembering that her mother and two sisters were DV survivors, answered the call and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

Within this newsletter, you will find the various workshops and events which CHR, Inc. sponsored, partnered, and/or participated in throughout the Valley. Dr. House and her team of volunteers worked diligently to empower women, men, and families. We hope this newsletter reflects those endeavors.

## January — 2019 Ryan White Provider Summit

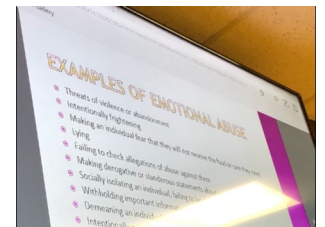
January 28-30, 2019, the Nevada Department of Health & Human Services Conference hosted the 2019 Ryan White Provider Summit, which was held at the South Point Hotel Casino and Spa. Dr. House was asked to be the Invocation Speaker. She gave a powerful Word of encouragement to those in attendance.

Her participation in this event ignited CHR, Inc.'s involvement in HIV/AIDS, as CHR, Inc., added HIV/AIDS to its platform of Domestic Violence and Clean Energy. CHR, Inc., has partnered with the Nevada Faith & Health Coalition.



## February— Introduction to CHR, Inc.

Women gathered to be empowered as Dr. Mary L. House, President & CEO of CHR, Inc. opened the 2019 CHR, Inc., Empowerment Workshops. Dr. House introduced the 2019 agenda, as well as, spoke on the Effects of Emotional Abuse.



## March — Economic Empowerment

The March Empowerment Workshop brought a rich source of wealth as financial guru Rhonda Jackson came to teach on Economic Empowerment. She provided the attendees with an Economic Empowerment Prayer which can be used by whomsoever will:

*Father God, I stand on unshakable faith through Jesus Christ and upon your word in Psalm 112:1-3 that says because I obey your commands and have a holy reverential fear of you, "my descendants will be powerful in the land; my generation will be blessed and wealth and riches are in my house."*

*Thank you, Lord, for the manifestation of your word in me and my family's life and for providing for us exceedingly, abundantly, above all that we could have ever asked or think, this according to Ephesians 3:30. Thank you, Lord, that you have already paved the way forward for us and that as we continue to walk uprightly and we diligently seek you, no good thing will you withhold from us. (Psalm 84:11)*

*We thank you for the paradigm shift and the transformation that has taken place in our mind and thinking and because of that, we are no stingier in our giving and we choose to obey your word regarding tithes, offerings, and first fruits. We thank you for rebuking the devourer from our finances, wealth, riches, labels, property rights, copyrights, jobs, relationships, and even our children (Malachi 3:10-12). We trust in your ability to work in and through us for your glory, in Jesus' mighty name, Amen!*



Photos above (top-bottom): WIBP Honorees; Chef Stacey Dougan; and, Dr. Brenda Braam with Dr. Mary L. House.

## Urban Chamber of Commerce Honoree

On March 22, 2019, the Urban Chamber of Commerce celebrated its Women in Business & Politics at their Urban Chamber of Commerce Women in Business & Politics Awards Luncheon. The event was held at the Rio All-Suites Hotel & Casino Brasilia Ballroom. The Keynote Speaker was US Senator Jacky Rosen.

Fifteen women were honored. Among the honorees in the Nonprofit Leaders category was CHR, Inc's President & CEO **Dr. Mary L. House**.

Also Honored in the Nonprofit Leaders category was Dr. Joni Flowers. The Politics category included **Lauren Brooks**, **Leisa Moseley**, and **Kristina Swallow**. Honorees in the Business category included **Summer Rabb**, **Sandra Stahl**, **Julie Raye**, **Augusta Massey**, and **Nicole Williams**. Honorees in the Business Advocates category included **Leanna Jenkins**, **Anna Siefert**, **Stacey Taylor**, **Tricia Kean**, and **Tina Frias**.

CHR, Inc. celebrates all the honorees and congratulations on your future endeavors.

## April—Cooking Healthy Foods

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](http://stateofobesity.org).)

Each year, Chef Stacey Dougan, owner of Simply Pure restaurant, volunteers her time to bless CHR, Inc. She provides 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 April 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).*

## May—The Black Church's Response to DV

Dr. Brenda Braam provided her expertise as she spoke on *Stop Domestic Violence—15 Commandments of Stop and Women Empowerment Symposium—Week 3*. Handouts were provided on both topics.

The symposium noted, "Black Women in America have a legacy of grief, loss, oppression, and trauma. Historically our reaction to these issues has manifested itself into the saying, 'Strong Black Women.' This concept has two primary themes: #1) Black women are strong, self-reliant, and self-contained (complete or having all that is needed, independent). #2) Black women's role is to nurture and preserve family. It has also been said that Black women cope easily with the many losses in or lives. So much until it is said that for us, 'sorrow rolls right off our brow like so much rain.' Black women embrace something called, 'controlled triumph empathy,' that is we remain emotionally strong when dealing with various types of abuse, trauma, grief, loss, heartbreak, and illness."

There were several questions discussed within the workshop that blessed everyone in attendance.

Dr. Brenda Braam, has a Doctorate of Ministry (DMin). She is a Domestic Violence Advocate & Counselor. She is the CEO of Missio Dei Community Development Corporation.



## June—Self Care (What Does It Mean to Take Care of Me?)



Question: What does it mean to take care of me? Answer: Inward and outward self-care.

On June 13th, two distinguished ladies, Kayan Sykes and Sandra Abdullah provided workshops on caring for yourself outwardly and inwardly:

Hair-stylist Kayan Sykes gave instructions on hair and make-up as the outer beauty is important in building self-esteem, confidence, and boldness.

Licensed Clinical Social Worker (LCSW) Sandra Abdullah taught on several Self-Care for the Body. Tip #1: Give your body 10-minutes of mindful attention. Oxygenate by taking three deep breaths.



## July—DV and the African American Male



It is very important to remember that domestic violence comes in many shapes and forms. Jamaal Moore gave those in attendance an interesting perspective on men who are survivors of domestic violence. Mr. Moore noted several Warning Signs of an Abuser:

1. Your spouse or partner will shower you with gifts.
2. The spouse or partner will want to rush into a commitment
3. Spouse or partner will slowly begin to isolate the victim
4. Spouse or partner will exclude the victim from socializing with family or friends
5. The abuser will physically or mentally threaten the victim
6. The abuser will blame the victim for making them act out
7. The cycle will continue to happen over and over again

Jamaal Moore is a Recruitment & Training Coordinator at Olive Crest, an organization that aims to eliminate child abuse. He speaks from personal and professional experience as he continues to help and support men, women, and children throughout the Valley.

## August—Women's Empowerment Group Conference

CHR, Inc., partnered with WEG as over 700 women from all over the United States attended the annual WEG Conference. The ladies came to be empowered, enlightened, and encouraged, as they gathered to hear from various speakers and participate in events which covered the mind, body, and soul.

Speakers & events included: Nevada Health Partners **Mammovan** and **vendor tables** with Clinton House, Jr., (NV Health Partners), CHR, Inc., and various guest speakers; **Zumba** with Dr. Sheila Poole; **Handwashing Ceremony** with Dr. Mary L. House; **Panel Discussion:** Panelist Dr. Nadia Parsons, Ericka Severs-Brooks, Dr. Brenda Braam; **Clean Energy—CHISPA** Rudy Zamora; **Financial Empowerment** with Rhonda Jackson; **private 1st Ladies Session — Conversations in the Queen's Chambers** with Dr. House; **Teen Session** with Wendy Hodges-Kent (Safe Nest) and Liv Dooley; **Power Hour** with Dr. Ane Mercer; **Spoken Word** Sha'Rissa Long; **Dancer** Ashaley White; and **Guest Speakers:** Lady Carmen West, Pastor Veverly Austin, and Lady Sandra Harris.



## September—Developing A Safety Plan

Genese Jones-Torrence, the Vice President of Crisis Services at Safe Nest: Temporary Assistance for Domestic Crisis was the guest speaker for the September Workshop.

Mrs. Jones-Torrence discussed information from an Advocate, a Survivor, and an Officer's perspective.

Topics included: *As An Advocate Think About; The First Steps in Developing a Safety Plan; Identifying Possible Options; Characteristics of Safety Plans; Tips; Notes Related to Safety Planning; and, 25-Risk Indicators.*

She also discussed the law enforcement perspective as Safe Nest

has partnered with the Metro Police Department and the new Las Vegas Raiders to help and support survivors of domestic violence.

If anyone is seeking help for themselves or a loved one, they can call 911 (imminent danger); National Domestic Violence Hotline 1-800-799-SAFE (7233). Advocates are available 24/7 and speak more than 170 languages. Calls are anonymous and confidential. Safe Nest hotlines (702) 646-4981 and 800-486-7282. Safe Nest offers shelter, counseling, and advocacy services. Shelter locations aren't disclosed for the safety of victims and their children.



## October—Safety Tips For You & Your Family



Las Vegas Metropolitan Police Department (LVMPD)  
Detective Tracy Smith

Two of Las Vegas finest came to provide safety tips at the October Workshop. Las Vegas Metropolitan Police Department (LVMPD) Detective Tracy Smith and the Honorable Judge Karen Bennett-Haron were the guest speakers.

Detective Smith was very passionate as she brought an insight to the law enforcement perspective of domestic violence (DV). Law enforcement is likely to be involved in 36% of all domestic violence calls in Nevada. She also spoke on how children are affected by DV.

Judge Bennett-Haron and Detective Smith both spoke on the concerns of arrest vs. prosecution. Nevada has changed how it handles DV cases. The City of Las Vegas has stopped charging people with misdemeanor DV and instead is prosecuting as a simple battery. DV convictions carry certain requirements that simple battery does not, such as mandatory counseling and enhancement to felony charge for the 3rd offense. This law affects survivors of domestic violence.



Las Vegas Justice Court  
Judge Karen Bennett-Haron

The Honorable Judge Karen Bennett-Haron was appointed to the Las Vegas Justice Court bench and became the first African American female ever appointed to the State's justice system at any level.

## OCTOBER—Pink & Purple Worship Service

October is breast cancer and domestic violence (DV) awareness month. Every year CHR, Inc., partners with Mountaintop Faith Ministries to bring awareness to these causes.

National statistics indicate that on average nearly 20 people per minute are physically abused by an intimate partner. In one year, this equates to more than 10 million women and men. Approximately 15.5 million children are exposed to domestic violence every year. DV affects all Americans, regardless of race, gender, or socioeconomic status. Nevada consistently ranks 1st in the Nation for DV fatalities.

About 1 in 8 U.S. women will develop invasive breast cancer throughout her lifetime. In 2019, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in the U.S., along with 62,930 new cases of non-invasive breast cancer. The Good News: Over 3.5 million breast cancer survivors are alive in the U.S!





## Interim Legislative Committee on Energy (ILCE) Session

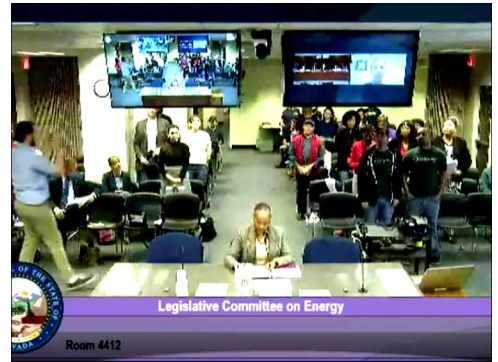
The Legislative Committee on Energy (ILCE) is an ongoing statutory committee of the Nevada Legislature whose authority and duties are outlined in [Nevada Revised Statutes 218E.805 through 218E.815](#). Meeting between the biennial sessions of the Legislature, the Committee evaluates, reviews, and comments upon matters related to energy policy within Nevada. It may recommend legislation concerning how energy policy may be implemented or improved.

Meetings are held in Room 4401 of the Grant Sawyer State Office Building, 555 E. Washington Ave., Las Vegas, NV and video conferenced to Room 2135 of the Legislative Building, 401 S. Carson St., Carson City, NV.

On November 15, 2019, the RenewNV Coalition attended the ILCE Session, where several clean energy bills were reviewed. Dr. Mary L. House was the RenewNV Coalition representative who spoke during public comments. All RenewNV attendees stood in support of the joint comments.

CHR, Inc., partners with RenewNV in their commitment to position our state to be the nation's clean energy leader. For more information email [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net) or view the CHR, Inc. Facebook page [@CHRINCNV](https://www.facebook.com/CHRINCNV).

We hope that you can attend the next meeting with us on Friday, January 17, 2020.



## HIV/AIDS — Nevada Faith & Health Coalition

Early this year, several northern and southern Nevada faith-based organizations, along with members of the community, joined forces to form the Nevada Faith & Health Coalition. The goal of the Coalition is to shine the light on the stigma of HIV/AIDS in the African-American and Latino communities. The coalition examines the disproportionate impact of HIV/AIDS and other diseases on historically marginalized groups. Their mission is to be a unified and supportive partnership of faith leaders who provide education and loving care so that our communities have equal access to health resources.

The week of November 18th, the Coalition held events throughout Nevada. The southern Coalition held a Prayer Service at Reconciliation Apostolic Ministries. Bishop Ronald Thomas and others prayed for those in authoritative positions on the City, State, and National levels (government officials, churches, law enforcement, police, etc.). On November 23rd, a World Aids Day service was held at Mountaintop Faith Ministries. Numerous speakers and vendors provided information on HIV/AIDS and community services. For more information, call: (775) 342-3117 or email: [nvfaithandhealth@gmail.com](mailto:nvfaithandhealth@gmail.com).

South Coalition members of the Nevada Faith & Health Coalition: Bishop Ronald Thomas, Pastor Phillip Washington, Thomas Blissett, LaShanda McGowan, Dr. Mary L. House, Bruce Eddins, Cherrise Neal-Washington. Pastor Bill Dahlquist, Pastor Wayne Arnold.



# DIVAS & DESSERTS

Mountaintop Faith Ministries in partnership with Mary House Ministries (MFM) and CHR, Inc., hosted its annual Divas & Desserts event. The partnership allowed for three organizations to come together in a spirit of love and fellowship. In the past, women were asked to bring homemade desserts and Christmas cards with words of encouragement.

This year, Dr. House had an exceptional vision that in addition to desserts and cards, women would also bring gently used purses filled with a list of notable items. The items consisted of: underwear (for women, girls, and boys), baby wipes, diapers, deodorant, toothpaste, toothbrush, feminine hygiene products, shampoo, conditioner, body wash, body lotion, and leggings. These items were to be donated to Hookers for Jesus and Shade Tree.

118 women came out for Divas & Desserts. The women brought homemade cakes, pies, candies, and brownies, to wash down with hot chocolate. It was a phenomenal evening. Women laughed, hugged, gave words of inspiration, and played various games. Powerful testimonies were given by women from Hookers for Jesus.

The following week, volunteers gathered at MFM to sort out the donated bags and toiletries. An assembly line was formed. Over 250 bags and over 20 totes with supplies for women and children were donated.

Dr. House and her staff presented the donated bags and toiletries to both organizations.



## Hookers for Jesus & Shade Tree

*Below photos: Volunteers gathered to sort items donated to Hookers for Jesus and Shade Tree*  
*Right photos: Dr. Mary L. House and staff presenting items to both organizations*





# CHR, Inc, & RENEWV



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).

## CHR is a partner of the RENEWV Coalition.

RENEWV is a partnership of community members and organizations working to expand clean energy in Nevada. They believe that investing in local, renewable power resources, Nevada can improve air quality and reduce asthma and other lung diseases. We can reduce the impacts of climate change, which increases heat, drought, and wildfire. And we can put people to work in our community. Nevada should lead the nation into a clean energy future.

## RENEWV 2019 CLEAN ENERGY SCORECARD

The Nevada Legislature passed 8 bills expanding clean energy and energy efficiency in 2019.

**Governor Steve Sisolak's Clean Energy Leadership** included 100% of the clean energy bills passed by the Legislature were signed into law by Governor Sisolak. Clean energy was a key issue in the Governor's campaign, and in addition to supporting this legislature, Governor Sisolak has taken executive action to join the U.S. Climate Alliance, pledging Nevada to meet the carbon reduction goals of the Paris Climate Agreement.

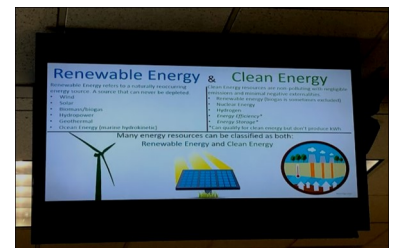
## Clean Energy Laws Passed by the 2019 Legislature

- **AB54 Energy Efficient Light Bulbs**—Increases standards for light bulbs to save energy and reduce consumers' power bills.
- **AB377 Electric Semi-Trailer Truck Weight Exemption**—Changes weight limits to allow heavy-duty electric trucks on Nevada's roads.

- **AB465 Expanded Solar Access**—Allows more Nevadans to use clean energy in their homes, reducing rates for some low-income customers. Expands job training and placement opportunities in the solar industry.
- **AB 483 Vehicle Mileage Data Collection**—Gathers information on vehicle mileage to show how much our roadways are being used by electric and other passenger vehicles, and what types of vehicles are registered.
- **SB254 Carbon Reduction Plan**—Calls for state officials to inventory Nevada's carbon footprint and determine what steps we can take to significantly lower our greenhouse gas emissions.
- **SB 299 Electric School Bus Funding**—Opens up funding for an electric school bus pilot program.
- **SB 358 Renewable Portfolio Standard**—Increases the state's renewable portfolio standard (RPS) to require 50% clean energy by 2030 with a goal of 100% carbon-free by 2050.
- **SCR3 Electric Vehicle & Infrastructure Study\*** — Directs a study on the benefits of usage of electric vehicles, as well as new ways to fund roads and other transportation infrastructure.

*\*Note: This resolution was passed by voice vote, vote record not available.*

Information taken from <https://renewv.com/fact-sheets/>



(Top-Bottom): Nevada State Senator Pat Spearman (supporter of Clean Energy) with Dr. Mary L. House; slide-show presenting information from Clean Energy session; and Dr. House with her new electric car.

## Looking to 2020!

CHR, Inc. appreciates and is grateful for every partnership, donation, and volunteer support throughout 2019! 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: (702) 908-5753 or email: [drmlhouse@chrinc.net](mailto:drmlhouse@chrinc.net). God bless you and we will see you in February 2020.





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.

### 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, healthcare, transportation & food vouchers. Our target is also to those desiring a clean and a healthy environment through renewable energy.

### Future Plans

CHR, Inc., has expanded its organizational vision from assisting under-employed and unemployed adults to also assisting Domestic Violence survivors, Renewable Energy, and HIV/AIDs. 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.

### 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.*

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

