

The Red Letter



SOMETHING BETTER

My best friend is HIV-positive. He used to live at House of Ruth's Glade House. That's how I learned about the house. Back then, I admit thinking less of my friend because he had this disease. I even pitied him. I had bought in to the stigma surrounding HIV/AIDS.

Then a few years later I was diagnosed HIV-positive. My negative thoughts about HIV/AIDS turned inward. My self-esteem plummeted, and I lost all respect for myself and others. I loathed myself because of the disease.

In the early going, I had no clue about the resources available for people living with AIDS. I spent most of my young adult years moving from place to place, using who and what I could to get by. I became dependent on people who did not care about me. Caught in a turbulent relationship and unhealthy lifestyle, I found my way to the Center for Women and Families in Louisville. I was homeless and lived in the shelter

there for months learning what it means to be a victim and how not to let that happen. During those months it dawned on me that I could become more, do more with my life. I didn't have to be homeless and caught in a spiral of self-loathing.

From the Center I moved to a more permanent place at Glade House. I entered the transitional housing program there that gives you up to two years to become self-sufficient, both financially and emotionally. At Glade I found a different way of living. Along with getting sober, I found love and trust. I began to chip away at the child-like person I was who was using others to survive. I began to take responsibility for myself, and I educated myself about HIV/AIDS. Part of that learning came from meeting people at Glade and talking to them about their experiences with the disease. By living with others facing the same hardships, I began

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DATES

Adopt-a-Family for the Holidays

In early November, we will have information and wish lists for those wanting to adopt a family for the holidays. With your help, we will make the season brighter for more than 200 families. Give us a call at 587-5080.

Dining Out for Life: 12.4.2013

Save the date for our signature fundraiser the Wednesday after Thanksgiving! For a list of participating restaurants, go to www.houseofruth.net or check them out on page 3.

Holiday Shopping at Just Creations: 12.6.2013

Join us and shop at Just Creations, a fair trade nonprofit and retailer, on Friday, December 6, 6 to 8 p.m. Proceeds that night only support House of Ruth.

Just Creations is at the corner of Frankfort Ave. and S. Bayly in Crescent Hill.



LETTER FROM THE EXECUTIVE DIRECTOR

Dearest Friends and Supporters,

Recently I was reminded of a powerful lesson from my work at House of Ruth. What we can buy and the letters after our name don't mean diddle. It's the impact we make on those around us that counts. And any of us can make a tremendous difference for others. That's the inspiration I take from the recent death of our most senior Glade House resident. We all knew the struggles he was having managing the effects of his HIV medications while undergoing chemotherapy. And though his long-term diagnosis was poor, his death came suddenly. His influence on those around him will be much longer-lasting.

This resident came to Glade more than a year ago. It was his second time in nine years. He was angry, addicted, and alone. That wasn't unusual. What was unusual was his dignity and quiet resolve. He really wanted to find sobriety and peace this time around. He did that and so much more. He was the emotional rock of the house, always able to find a quiet word of encouragement for other residents. One of my favorite stories about him is a movie night at the house earlier this year. He was just too tired to enjoy the movie and camaraderie with the others. But he made sure to make and serve popcorn and root beer floats for all before calling it a day and heading to his room.

This resident's resolve and ability to motivate and inspire those around him reminds me of another special person to House of Ruth, long-time supporter **Robert Westwood**.

Robert and his nephew, **Kenny Hilpp**, have launched a capital fundraising effort called **The Fund for Sharon and Chet's Café**. Their goal is to work with us to raise \$100,000 by June 30, 2014, to renovate the tired old kitchen at Glade House, update bathrooms, replace flooring, repair plaster, and complete other upgrades. Go to our web site to read Robert and Kenny's inspiring story and learn how you can be a part of our efforts. Naming opportunities are available.

We also invite you to partner with us now as we work to raise more than \$65,000 in new operating dollars this fiscal year. Sequestration and an additional reduction in costs allowed for operational expenses under one of our federal grants have created what we hope is a one-time shortfall. The new dollars are vital this year if we are to avoid cutting services to an estimated 30 households. Please give what you can so no one who counts on us goes without vital services and support.



Lisa Sutton

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Executive Director



Congratulations to our House of Ruth founders for being awarded the **Lifetime Achievement Award** from Presentation Academy, the alma mater for all but one, at the 2013 Tower Awards for Women Leaders.

DINE OUT. FIGHT AIDS.

Join us on Wednesday, December 4, for Dining Out for Life 2013. When you dine at one of the participating restaurants, a generous portion of your bill will be donated to House of Ruth. It's that easy! There are a variety of restaurants to choose from with breakfast, lunch, and dinner options. Schedule your breakfast meeting at a Dining Out for Life restaurant, get a group of colleagues together for lunch, and gather friends and family for dinner. Every meal eaten generates a donation to House of Ruth. It's the easiest

donation you will ever make. You are going to eat, so you might as well make it count!

If you can't join us for Dining Out for Life and would like to support local individuals living with HIV/AIDS, you can donate to Dining Out for Life with the included envelope. All returned envelopes will be entered in a random drawing for a **seven-night stay in an oceanfront Puerto Vallarta condo**, including round-trip air fare from Louisville!

2013 PARTICIPATING RESTAURANTS

Asiatique	El Mundo	O'Shea's Irish Pub
Basa	English Grill	Patrick O'Shea's
Bistro Le Relais	Flanagan's Ale House	Porcini
Blue Dog Bakery	Garage Bar	Proof on Main
Bristol Bar & Grille	Gary's on Spring	Rocky's Pizza & Panini
• Highlands	Goose Creek Diner	Rocky's Sub Pub
• Jeffersonville	Habana Blues Tapas Restaurant	Simply Thai
Buck's Restaurant	Havana Rumba	• Middletown
Cast Iron Steakhouse	• Middletown	• St. Matthews
• Jeffersonville	• St. Matthews	Taco Punk
• River Rd.	J Harrod's	The Bard's Town
Chill Bar	Jack Binion's Steakhouse	The Café
Come Back Inn	Legends	The Irish Rover
• Louisville	Lilly's	Uptown Café
Comfy Cow	Marketplace Restaurant at Theater Sq.	Verbena Café
• Frankfort Ave.	Meridian Café	
• UofL	Napa River Grill	
• Westport Village		

SOMETHING BETTER CONTINUED

developing goals to better myself.

I completed the transitional program at Glade after 11 months, and I continue working on my goals. From Glade I moved into a permanent housing program operated by House of Ruth. I work, go to school, and pay for my own apartment.

If someone would have told me when I was first diagnosed that having HIV/

AIDS would change my life for the better, I would have said "no way." But now I'm healthier than many people who meet me and have no idea I'm HIV-positive. My life is on the right track.

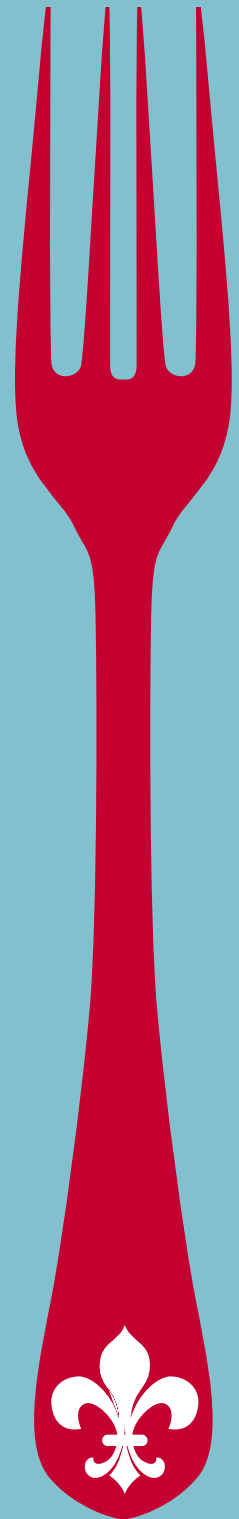
I share my story hoping that you or someone else will read it and feel inspired to become better than the person you are already.

David Zick, Housing client for three years and counting

Dining Out for Life

Wednesday, December 4, 2013

www.houseofruth.net



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Our Mission

House of Ruth is a nonprofit organization that strengthens lives for those with or affected by HIV/AIDS.



THANK YOU TO OUR COMMUNITY PARTNERS



Thank you to **Tennis Alliance of Louisville Kentucky (TALK)** for donating \$3,030 to House of Ruth from their 2013 Bluegrass Open. The Bluegrass Open began in 1995 and has supported House of Ruth since its inception. We are very grateful for TALK's long-time commitment to our mission. TALK is devoted to developing tennis and social activities among the Lesbian, Gay, Bisexual, and Transgendered (LGBT) community throughout Kentuckiana. For more information, visit www.talktennisclub.com.



Thank you to the team of UPS volunteers who joined us this summer to prepare for our back-to-school supply drive. The **UPS Foundation** recently awarded us \$7,000 for our back-to-school and therapeutic art programming for school-age children and their families. Thank you!