




**OPEN HOUSE  
MINISTRIES**

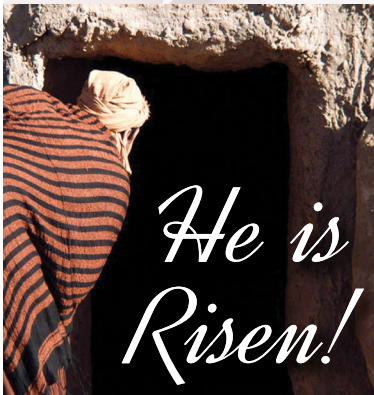
[www.sheltered.org](http://www.sheltered.org)

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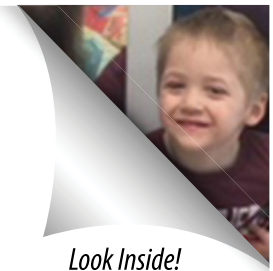


### SHELTER NEEDS:

Small laundry detergent,  
shaving cream, deodorant,  
newborn diapers.

# Connections

*April, 2018*



Look Inside!

## *The Foundation You Provided Transformed Her Life*

### MELOWNIE

In the spring of 2016, Melownie came to Open House Ministries - angry, hurt, and defeated. For 19 years Melownie had been fighting a losing battle with drug abuse and alcoholism, and she was at her breaking point. "People had been trying to get me into Open House for years, but I was too far into my addiction. It wasn't until I watched my son being taken from me by CPS (Child Protective Services) that I realized I had hit rock bottom. I NEEDED HELP!"

Melownie recalls feeling hopeless when she entered the shelter doors, but as she began to go through the program and get involved, particularly in the Bible study classes, she began to feel a sense of hope. "I remember my 'coming to God' moment. I was in my room and I literally fell on my knees and I pleaded with God to help me do the right thing. I felt this overwhelming sense of peace and at that moment I knew that everything was going to work out... in HIS time."

Thanks to your consistent and reliable support, Open House soon became Melownie's home, and she had her son back within five months. Within ten months she had complet-

ed the GED program, and by the twelve month anniversary of her arrival, Melownie rented her own apartment and entered the PIC (Partners in Careers) program. Through our job coaching program at Second Hand Solutions thrift store, Melownie became an exemplary employee as she managed the clothing annex.

Customers praise her nearly every day for her amazing attitude and exceptional customer service skills. Her beautiful soul shines out to all those around her, and she gives the credit not only to Jesus, but also to the outstanding program at Open House, which literally saved her life. Melownie's dream is to come back in a leadership role and be a part of someone else's

journey from darkness into the Light.

Melownie has since graduated the PIC program, and is now a proud, full-time employee

***"It wasn't until I watched my son being taken from me by CPS (Child Protective Services) that I realized I had hit rock bottom. I NEEDED HELP!"***

(Continued on page 2)



## *Lifetime Rhythms*

### Chaplain's Corner - April, 2018

I betray my age (61) when I tell you that I am a big fan of sleep. As a staff member at Open House, the long, challenging days welcome deep sleep. These days, the truism “early to bed, early to rise, makes a man healthy, wealthy and wise” is a merciful reality - since I begin turning into a pumpkin after 9 pm! It seems so long ago and far away when I would work in psychiatric hospitals until 11 pm, and finally get to sleep at 2 am.

Yet the dividends of “early rest” are divine to me. King David wrote that “GOD gives to His beloved even in their sleep” (Ps.127). I am usually up before 4 am, and I smile as the morning doves begin their morning with song. I am alone with GOD — to read my Bible, prepare to preach and teach, and to pray. In so many ways, it is my favorite time of the day.

I am often awakened in the middle of the night with

anxious thoughts, deadlines, life situations, and spiritual “opportunities” - cleverly disguised as crises. Years ago, I was speaking with Pastor Aaron Knapp about these restless nocturnal hours and was heartened that he was awake too! After we joked about our common idiosyncrasies - he urged me to turn it into a period of prayer.

Some nights, I wrestle with hard situations and am troubled in my spirit. But it is great to take them out of the realm of my feeble human understanding and process them with Jesus. Dallas Willard once said, “I am beginning to live my life, as Jesus would live my life, if He were me.” The rhythm of turning over the matters of the world, one-by-one, into the faithful Hands of my Savior, is life-changing for me and for you - morning, noon and night.

Resting in His Grace,

*Mark Roskam, Chaplain*

### **Melownie (Continued from page 1)**

at the Dollar Tree distribution center. Though sad to see her go, we could not be more proud of her accomplishments. Thank you, faithful supporters, for being a great part of making these dreams come true. Your foundation of support under-girds the lives of our residents on their journey of life transformation.

**Holly Roderick**

*Store Manager / Job Coach*

*Second Hand Solutions Thrift Store*



*Melownie and Holly*

### **ADVERSE CHILDHOOD EXPERIENCES**

Over two decades ago Kaiser Permanente and the Center for Disease Control and Prevention conducted a long-term study about the rise of health outcomes such as cancer, diabetes and heart disease. The two-year study demonstrated a correlation between adverse childhood experiences (ACEs) with health and social problems as an adult. The state of Washington was the first to add the ACE module to the Behavioral Risk Factor Surveillance System in 2009 to assess prevalence and preventative action statewide. Mental health, medical and public health officials agree that chronic childhood exposure to ACEs poses a threat on the developing brain and DNA of children. A child who experiences long term exposure to multiple ACEs are proven more prone to adverse health conditions later in life, now a public health concern. The CDC recommends children and adults need safe, stable, nurturing environments and relationships that include mental, physical and spiritual support and a solid caregiver/child relationship.

Source: Center for Disease Control and Prevention,  
[www.cdc.gov](http://www.cdc.gov)

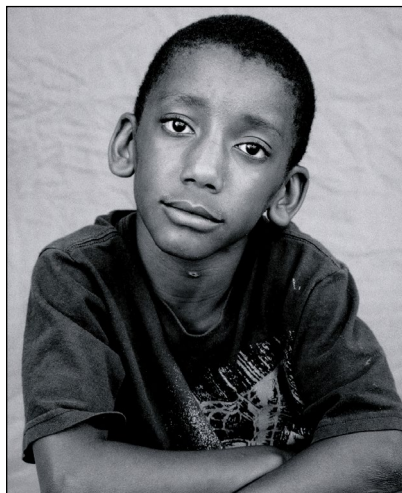




# *When They Are in Your Care - Part IV*

**Reflections from Vikkilyn Rolfs, Director of Daycare and Preschool**

Most of our school age kids arrive at Open House already exposed to multiple ACEs. Chances are their adult family members also carry the weight of Adverse Childhood Experiences in their childhood. When we recently surveyed residents for their ACEs scores, many of them wept with the realization that not only did they score high, but they have passed on even higher scores to their children.



At Open House, family relationships, parenting skills and communication classes are included in every family's case management plan. Fundamental to our faith is the tenant that God created the family unit as the original support system. As Daycare Director Vikkilyn Rolfs puts it, "We start with and never loose the message to parent and child that there is a God who loves you, you can do better, and He will help you both overcome all that has brought you here. Together – as a family, you can start to rebuild your lives."

Case Manager Jodie Baxter confirms the healing process begins when the family comes together and embraces the family unit. While Community Services Northwest is providing mental health and addiction counseling for the adults, Open House refers families and children to Family Solutions to receive additional counseling. Last fall, Jodie started the Dino Club, a social and emotional skill building after school club for K-3rd grade age children in the shelter. There, with the help of "Wally" the puppet, the kids are learning how

to identify their feelings, problem solve and find safer solutions. The program is based on a positive reward system to encourage and build their strengths.

A long-standing partnership with the Vancouver School District provides the HOPE After School program for all the students in the shelter. Teachers mentor the students twice a week to keep them current with grade level and teach parents how to support their student in their academics.



Vikkilyn is passionate about supporting the family with as many positive experiences as possible, such as running an "adopt a student" clothing drive every fall to provide new clothes, shoes and supplies to all the students in the shelter and in transitional housing.

She tells them, "Seeing your ACEs score is not a death sentence. You don't have to live like you did in your past, and you can change your path. 'God has promised to restore the years that the locust has eaten'~ (Joel 2:25)."



After thirteen years of running the Day-care Center, she has seen many examples of parents and children who came to the shelter and decided, "I am not going to be like that [homeless]." They have gone on to succeed in school and in life. And when asked what made the difference to them? Without hesitation, she will tell you, "Beyond a shadow of a doubt, it's God."





# The Open House Ministries Board Of Directors cordially invites you to

Limited  
seating available!



Thursday, May 10, 2018 • 11:30 a.m. - 1:00 p.m.

Warehouse 23, 100 Columbia Street #102, • Vancouver, WA 98660

*A fundraising event to benefit families at  
Open House Ministries*

*Sponsored by Pacific Lifestyle Homes*

Single Admission \$65. Sponsored Table of 10: \$600



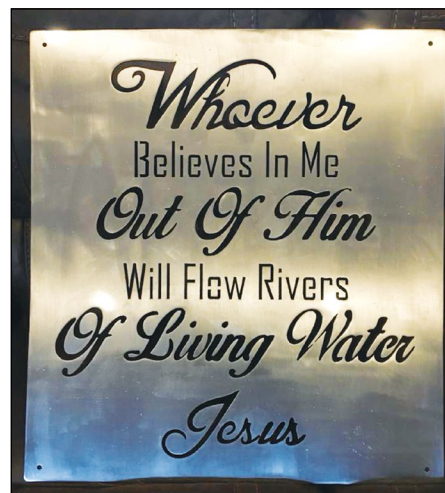
Order on line NOW at [www.sheltered.org](http://www.sheltered.org) or call our Development Office at 360-356-3770.

*Thank you! Thank you! Thank you!*

*Thank you to the  
Clark County Quilters  
for donating 45 quilts  
for our residents and  
daycare toddlers!*



*Thank you Scott Hutchison  
of Salmon Creek Metal Art  
for the original crafted  
landscape sign!  
It is beautiful!*



## HELP WANTED!

Do you have hands on skills with tools and like the idea of volunteering in a bike shop? Wheel Deals Bicycles is seeking volunteers to join our team servicing, building and repairing bicycles of all kinds. We will train! If interested, please start at the volunteer page at [www.sheltered.org](http://www.sheltered.org), or stop by Wheel Deals Tuesday through Saturday. Wheel Deals Bicycles is located in the **Open House Retail Shops on 13th**, located at 915 West 13th Street, Vancouver 98661. 360-205-5617.

