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## Mary L. House



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, inspiring hundreds of women, thousands of families, and countless strangers regularly.

Mary's passion is to encourage

## Meet the President & CEO

and lift those in need by providing them with tools to achieve a life of self-sufficiency. In 1996, she co-founded the faith-based non-profit community organization CHR, Inc. (Caring, Helping, and Restoring Lives) to help families of the unemployed and underemployed in Southern Nevada. CHR has utilized more than eleven million dollars in federal grants and private funding to provide assessment, training, coaching, counseling, placement, and support to help thousands of adult and dislocated workers find gainful employment and upward mobility. As a business owner with more than ten years of experience, Mary has taught classes in people management, sales, goal setting, planning, money management, and other topics about managing a successful business. She currently serves as a member of the

American Association of Christian Counselors, the National Association of Female Executives, and the Las Vegas Chamber of Commerce. 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."

As the "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 (a Doctorate of Divinity and a Doctorate of Humanity) and has received numerous community service awards.

Mary and Clinton House have two children and two grandchildren.

## CHR & Clean Energy

Since 1982, Dr. Mary L. House has been intrigued by clean energy. As her curiosity increased, she began to understand the planet by watching the National Geographic network. Dr. House stated that the National Geographic talks about everything from climate change to saving the earth. She

also began saving through clean energy using LED light bulbs, smart thermostats, and energy-saving appliances.

Dr. House is now "All-In" from purchasing energy-saving appliances to becoming an owner of a Hyundai Ioniq electric vehicle.

CHR, Inc., is in partnership with dozens of clean energy organizations to provide information in hopes that everyone will be excited about Clean Energy!

Read more about clean energy in this issue of The Caring Corner.



Join CHR, Inc. on its  
Social Media Sites:

Website:

<https://chrinc.net/>

Twitter:

@inc\_chr

Instagram:

Chrine96

CHR, Inc. host their monthly Empowerment Workshops via Zoom every 3rd Thursday from February to October, (off in January, November, and December). In August and October, CHR partners with MFM for the W3 Conference and Pink & Purple Worship.

Their guest speakers volunteer their time and talent to pour into each attendee. If you attended the CHR, Inc. Empowerment Workshops, we hope you enjoyed them. If you cannot attend, we hope you join us beginning February 15, 2024.

THANK YOU to all our Zoom Room Guest Speakers!



**February-March**  
History of Domestic  
Violence ~ Celebrating  
Women in History  
**Dr. Mary L. House**



**July**—Responding to  
Domestic Violence Calls  
**Lieutenant  
Monique Bulmer**



**April**—Economic  
Empowerment  
**Rhonda Jackson**



**August** —In  
conjunction with  
MFM & MHM  
**W3 Conference**



**May**—Be-Hattitude  
(It's in Your Strut)  
**Dr. Marie Wakefield**



**September**—  
Mental Health  
**Dinisha Mingo**



**June**—Think Like a  
Lady ~ Building My Self-  
Esteem  
**Aishia Grevenberg**



**October**—In  
conjunction with  
MFM ~ **Pink &  
Purple Worship**

# CHR Empowerment Workshops

February Workshop ~ Dr. House opened the 2023 CHR Empowerment Workshops with the History of Domestic Violence. She spoke on the racial injustices and stereotypes dealt African-American people from slavery to present.

In March, Dr. House celebrated Women in History with a power point display of various women throughout the years who have motivated movements, inspired others, and who have changed the landscape of American history.



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## Racial Justice and Domestic Violence

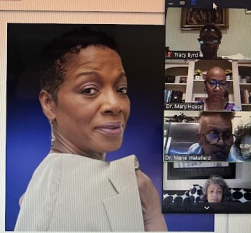
A significant history of racism, discrimination and generational trauma has caused domestic violence to disproportionately impact women of color in the United States. Women of color survivors of domestic violence face multiple adversities connected to racism and oppression in their journey to experiencing safe relationships. Racism shows up in overt and covert ways in their attempts to survive domestic violence.

According to the Bureau of Justice Statistics, African American women experience intimate partner violence at a rate 35% higher than that of white females. African American women comprise 8% of the U.S. population but account for 22% of the intimate partner homicide victims and 29% of all female victims of intimate partner homicide. Further, an analysis of U.S. homicide data found that Black females are murdered at more than twice the rate of White females. In that study, 59 percent of Black females who knew their offender were killed by a



### LINDA BOSTON 1954 - PRESENT

- Vocalist
- Radio/Television/Film Entertainer
- Requested vocalist –
  - President Bill Clinton
  - NAACP's 52nd Annual Fight for Freedom Dinner, Cobo Hall, Detroit, MI
- 2001 established P.E.E.R., Portable Educational Entertainment Repertoire®

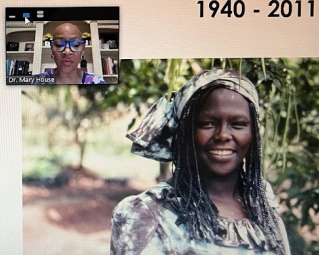


- Nurse & Midwife
- 1781 successfully sued the state of Massachusetts for her freedom
- Became the 1st African-American woman to win a freedom suit
- Which lead to the permanent abolition of slavery in Massachusetts

### ELIZABETH FREEMAN, "MUM BETT" UNKNOWN - 1829

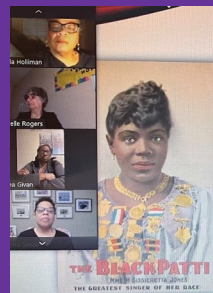
### WANGARI MAATHAI 1940 - 2011

- Environmentalist
- 1st Black African woman to receive a Nobel Peace Prize for environmental conservation
- 1970's founded the Green Belt Movement – a non-governmental organization focused on women's rights and environmental conservation
- 2003 – 2005 elected member of Parliament & served as assistant minister for Environment & Natural Resources



### SISSIRETTA JONES 1869 - 1933

- Daughter of a pastor and church choir singer in Virginia
- Internationally acclaimed soprano
- Classical opera singer in the U.S.
- Toured Europe, South America, Asia, Australia, & parts of Africa in 19th & 20th centuries
- 1st African-American to perform at Carnegie Hall in 1892

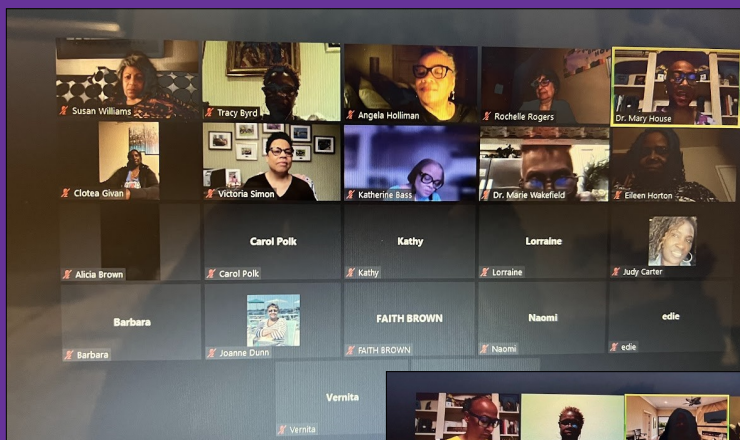
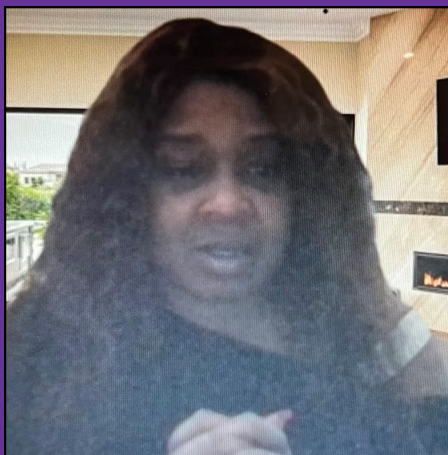


## CHR Empowerment Workshops

April Workshop presenter was finance guru Rhonda Jackson. Rhonda provided the workshop attendees with information on money management, marketing, stocks/bonds, investments, and so much more.

May presented the Be-Hatittudes with Dr. Marie Wakefield. Nothing like a hat to determine what attitude you are in or may become. Dr. Wakefield said, "it's in your strut," that makes the difference. Every woman can strut.

### April



### May



## CHR Empowerment Workshops

June focused on women's self-esteem as licensed clinical social worker Aishia Grevenberg tapped into how ladies should think to build their self-esteem.

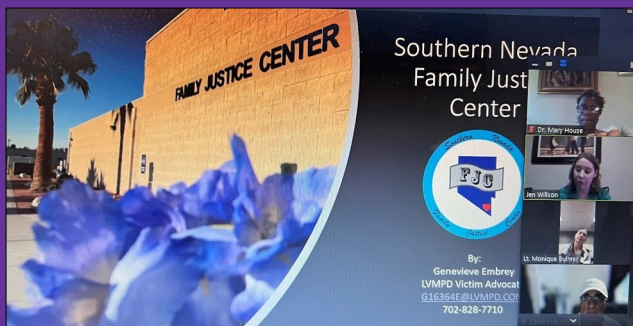
July presenters were Las Vegas Metropolitan Police Department (LVMPD) Lt. Monique Bulmer and LVMPD Domestic Violence Advocate Jennifer Wilson, who taught attendees that they have an advocate fighting for them!

September Workshop presenter Dinisha Mingo tapped into the mental aspects of domestic violence.

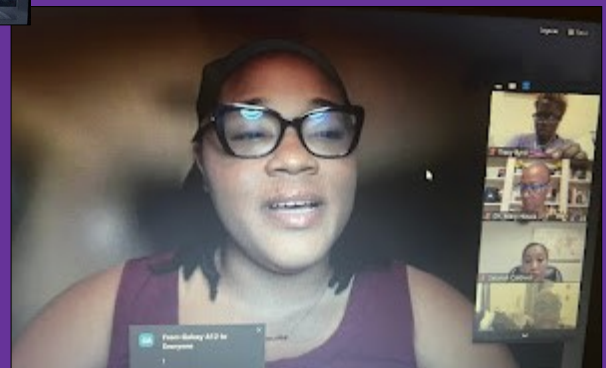
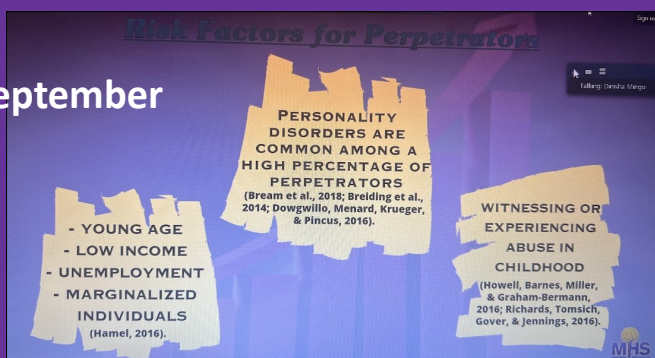
### June



### July



### September



## Special Partnerships ~ MFM W3 Conference



**Top right pictures:** W3 Conference guest speaker, "The General" Bishop Jackie McCullough speaking. **Right:** W3 Committee, Workshop speakers, Dr. House praying with an attendee. **Below:** Dr. House with presenter Pastor Shondra Manor-Foster; Bishop McCullough, and attendees heading to the altar presentation.

The annual W3 Conference, Purification of a Queen, was held Aug 2-4 at Mountaintop Faith Ministries. CHR partners with MFM to unite women from all over the United States.

Wednesday night presenter Pastor Shondra taught on the Purification process (a new look at how to come before the King). Thursday and Friday morning sessions involved financial literacy and health. On Thursday evening, the VIPs received wisdom from Queen Mother Dr. House. Friday night's finale brought forth Bishop Jackie McCullough and after the Conference, VIPs were invited to a meet and greet with Bishop McCullough.

August 7-9, 2024, will be the end of the W3 Conference. To register, go to: <https://mfmnv.org/w3-2024-conference-schedule/>.



## Special Partnerships ~ MFM Pink & Purple Worship



Every year, CHR partners with Mountaintop Faith Ministries (MFM) to acknowledge Breast Cancer Awareness and Domestic Violence month. The event dubbed, "Pink and Purple Worship," is recognized the 3rd Saturday in October by churches involved in the Nevada Faith & Health Coalition. First Lady Dr. Mary L. House provides breast cancer statistics. Did you know?

Breast cancer is the **2<sup>nd</sup> leading** cause of Breast cancer death among women. About **2,800 new cases of invasive breast cancer are expected to be diagnosed in men in 2023**. A man's lifetime risk of breast cancer is about 1 in 833. **THE GOOD NEWS:** Over 4 million breast cancer survivors are alive in the U.S. today! Women should start breast cancer screening at age 40 instead of 50. Get screening mammograms every other year from ages 40 to 74. Breast Cancer screenings helped prevent 380,000 breast cancer deaths!

According to the (CDC) the Center for Disease Control, approximately 1 in 5 women and 1 in 7 men report experiencing some form of intimate partner violence (IPV) in their lifetime and 1 in 5 homicide victims are killed by an intimate partner. Nevada ranks No. 4 in rate of women murdered by men. If you are a survivor of domestic violence, a safety plan must evolve everyday. Reach out to family, friends, and community services for help. **Crisis Support Services of Nevada hotline at 775-221-7600 or text SASS to 839863 for free. The agency can provide assistance with accessing a safe haven.**

# Clean Energy Initiatives



CHR partnered with Nevada Energy to promote Lower Bills Are Affordable Bills Workshop. The events were held at First A.M.E., church and at Mountaintop Faith Ministries throughout March-May. Attendees signed up for various programs to help save money on their energy bills. Reverend Leonard B. Jackson of Faith Organizing Alliance partnered with CHR to host an Lower Bills Are Affordable Bills Workshop at First A.M.E.

CHR is continuing to bring awareness of NVE programs as well as fight to keep the price of energy cost down!

**1 of 1** CHR INC.  
CARING HELPING & RESTORING LIVES  
a faith-based community non-profit corporation

## LOWER BILLS ARE AFFORDABLE BILLS WORKSHOP

**FRIDAY**  
**APRIL 21, 2023**  
10:00 AM - 2:00 PM

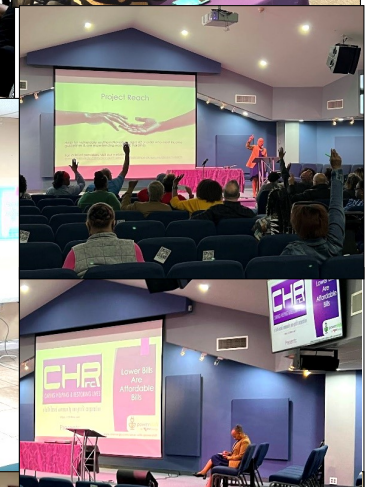
Find out the FREE programs NV energy offers to lower your electric bill!

- FREE NV ENERGY PROGRAMS OFFER!
- LOWER YOUR ELECTRIC BILL!
- FREE WORKSHOP!

**CONTACT US NOW**  
admin@chrinc.net  
FIRST A.M.E. CHURCH  
2446 REVERE STREET

powershift by NVEnergy  
FAITH ORGANIZING ALLIANCE

www.chrinc.net JOIN US!



# Clean Energy Initiatives



The fight to keep the price of energy cost down has been echoed in the conference rooms of the Public Utilities Commission of Nevada (PUCN). CHR has amplified the importance of its members, along with every Nevada Energy and Southwest Gas customer to speak out against the price hikes. Dr. House is “All-In” regarding clean energy and echoes her sentiments on social media, empowerment workshops, conferences, meetings, and wherever she goes. Her Ioniq 6 electric vehicle, induction stovetop, and energy efficient lights, lead the way.



**Mary House, of Las Vegas, speaks against price increases during a consumer discussion held by Southwest Gas at the Public Utilities Commission on Tuesday, Feb. 21, 2023, in Las Vegas. Southwest Gas plans to raise its rates. (Ellen Schmidt/Las Vegas Review-Journal) @ellenschmidt**



# Going Green with CHR, Inc.



Because saving energy and money go hand in hand, the non-profit Consumer Federation of America came up with 12 simple ways to save both. Join thousands of organizations, companies, and individuals in a nationwide effort to become more energy-independent, improve the environment, and save households hundreds of dollars in unnecessary energy costs by following these top tips:

- 1. AIR DRY:** Air dry dishes instead of using your dishwasher's drying cycle.
- 2. TURN IT OFF:** Use timers and motion detectors to turn off lights and be sure to unplug TV entertainment systems when traveling (use power strips for easy on/off switching) and don't leave your computer and monitor on needlessly.
- 3. DON'T GET BURNED WITH HOT WATER:** Lower the thermostat on your water heater to 120F. Water heaters are the second highest source of energy use in the home.
- 4. FILL IT UP, PLEASE:** Wash only full loads of dishes and clothes.
- 5. KEEP 'EM CLEAN:** Check the furnace, heat pump, and AC filters once a month and replace them regularly. A dirty air filter can increase your energy costs and cause problems with your equipment.
- 6. GET A CHECK-UP:** Get your heating system checked once a year. A licensed professional will make sure that your system is operating efficiently and safely. Checkups can identify problems early.
- 7. STOP THE BREEZE:** Caulk and weather-strip around drafty doors and windows.
- 8. GET AN AUDIT:** Your utility company may offer free energy audits that can identify expensive energy losses in your basement, unfinished rooms, attics, and leaky ductwork. Sealing your ducts can give big savings on energy bills and help keep you from turning up the thermostat because of one cold room.
- 9. TAKE A WALK:** Circle your home with easy-to-use spray foam insulation and look for openings and gaps around pipes, chimneys, lights, windows, and basement brick and cement work.
- 10. GET WITH THE PROGRAM:** Install a programmable thermostat that automatically adjusts the temperature during the day or at night, keeping you from forgetting as you dash off to work. A programmable thermostat can save you up to \$100 a year.
- 11. STAY BRIGHT:** As "old-school" incandescent light bulbs burn out, **replace them with new, light-emitting diode bulbs (LEDs) and save about \$90 a year in electricity costs. IT MAY COST A LITTLE MORE BUT** You pay more up-front, but shop around, prices are dropping. They use up to 25% less energy, can last up to twelve times longer, and are light like the old-fashioned ones do.
- 12. BE A STAR:** Look for products and appliances that have earned the ENERGY STAR label. They meet strict new energy efficiency criteria that will reduce your utility bills and help the environment. ENERGY STAR clothes washers, use approximately 40% less water and 25% less energy for washing than standard models.

# CHR in the Community

Dr. House represents CHR in the community at numerous events:

She was honored at the 2023 IAC/UNCF 15th Annual Southern Hospitality Jazz/Brunch.

She is a constant presence at the Wealthy Place LV Shepherd's Breakfast providing and gathering information to share with its members.

She attended the Black History month celebration and spoke with U.S. Representative Steven Horsford and Las Vegas Ward 5 City Councilman Cedric Crear.

She was a panelist at the Mingo Health Solutions Seminar. Supporting others is the CHR way.



U.S. State Rep Horsford



LV Councilman Crear



**WE ARE BACK!!**

**SUNDAY, JUNE 11, 2023**

**LAS VEGAS METROPOLITAN IAC/UNCF**

**15TH ANNUAL SOUTHERN HOSPITALITY JAZZ BRUNCH!**

**REACHING FOR THE STARS!!**

**HONORING**  
**DR. MARY L. HOUSE**  
**MOUNTAIN TOP FAITH MINISTRIES**

**ANTHONY BRADY**

**THE SUNCOAST HOTEL & CASINO**

**9090 ALTA DRIVE—LV, NV 89145**

**1:00 PM –5:00 PM**

**TICKET PRICE: \$85.00**

**Purchase Tickets at: [www.lasvegasiac.org](http://www.lasvegasiac.org)**

**Using Eventbrite**

**Or Zelle: (725)200-1098**



a faith-based community non-profit corporation

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[www.chrinc.net](http://www.chrinc.net)

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 self-sufficient lifestyle and to improve our well-being through clean energy by providing clean energy information and resources.

### 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 combining and continued economic empowerment, case management, recovery services, and advocacy to help them maintain healthy, nurturing, and violence-free lifestyles. Our mission is also to provide information and resources regarding clean energy through our Nevada Clean Energy Initiative and information and resources for HIV/AIDS.

### OUR DOMESTIC VIOLENCE & CLEAN ENERGY PROGRAMS:

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. CHR, Inc., has expanded its organizational vision to include clean Energy as we partner with programs generated by clean energy organizations.

### FUTURE PROGRAMS—Phebe's Homes

It is an affordable housing development program with the following Mission: To provide a housing development that will nurture individuals by providing financial counseling to promote debt-free living, and providing case management to tenants that will assist them in upward mobility in the workforce.

# The Vision of CHR, Inc.

### Target Base

CHR, Inc.'s 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. We also target those desiring a clean and healthy environment through clean energy.

### Future Plans

CHR, Inc. has expanded its organizational vision from assisting under-employed and unemployed adults to also helping Domestic Violence survivors, the Clean Energy Initiatives, and HIV/AIDS. The expansion brings expenses; therefore, CHR, Inc. is seeking funding for organizational growth housed in a facility conducive to its development.

CHR, Inc. plans to employ a staff that is ready and able to meet the needs of those seeking the invaluable 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 and In-Kind donations that will allow the vision of CHR, Inc. to move forward.

### 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)

### Join CHR, Inc. on its Social Media Sites:

#### Website:

<https://chrinc.net/>

#### Twitter:

@inc\_chr

#### Instagram:

Chrinc96

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!*