

# *The Road Home*

STORIES OF HOPE FROM THE ARLINGTON LIFE SHELTER

**Arlington  
Life Shelter**

WINTER 2024





Stephanie R. Melchert  
**PRESIDENT & CEO**

## Dear Friend,

Although the year is just beginning, I'm already so inspired by the impact we continue to make together. Your partnership is truly helping our neighbors experiencing homelessness create a path to self-sufficiency.

Like last year, I'm sure this year will bring us new hardships to overcome. But if we've learned one thing in recent times, it's that adapting to change makes all of us better. At the Arlington Life Shelter, we are committed to supporting our community in various ways to better meet the needs of the people who call North Texas home.

Homelessness is a complex problem, and it requires us to work together and adapt together. Because the need is great, we need your support.

That's why I am so thankful for your generosity, which is sharing so much hope with individuals and families facing homelessness now. In this edition of *The Road Home*, I hope you'll see just how much impact you have for neighbors like Shanice and her family, p. 4.

I know there will be countless more stories of hope in the year ahead — and I look forward to doing the work alongside you. Thank you for strengthening our community!

Gratefully,

Stephanie R. Melchert  
President & CEO

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### Our Mission:

To promote self-sufficiency by providing shelter, employment programs and transitional services for North Texans impacted by homelessness.

## Your Generosity Helps Brian!

Born in Dallas, Brian always worked hard, whether at UTD while earning his degree, in his decade-long career as a software developer or as a father of two.

When Brian first experienced depression in high school, he chalked it up to a recent knee surgery that impacted his ability to play soccer. But at 36, the depression came back. This time, he says, he knew he needed help to get out of it.

“I got diagnosed [with] bipolar [disorder],” Brian explains.

Brian worked hard at managing his condition, and was able to get on medication

and feel better after moving in with his parents. But soon, the situation became unstable, and Brian was unable to stay. He left — but with nowhere to go, he became homeless.

“It has been a blessing.”

Thankfully, friends like you were there to help. Brian was able to come to the Arlington Life Shelter. Here, he received anxiety medication, joined a Bible study group and began making plans to build a stronger future and reconnect with his family.

“I’d never been to a shelter before,” Brian says. But thanks to your generosity, he adds, “it has been a blessing.”

Brian is grateful for you.



Your partnership is truly making a difference in Brian’s life and in the lives of so many people experiencing homelessness. Thank you for giving our neighbors the hope of a brighter future!



Janet says that caring for her community is in her DNA.

## Janet Pays it Forward

women’s Empowerment Class, led by Monet Benson. Through the class’s important lessons on emotional resiliency and self-sufficiency, Janet began to realize her own desire to help the community.

In fact, Janet’s interest in Empowerment Class was so strong that Monet reached out to her after she’d found a new home to ask if she would help lead it. The answer was yes.

One of the messages Janet shares with the class is, “You have to be hungry for change.” That’s the mindset she brings into her own life, and the

mindset that helped her found the Segue Living Center, a non-profit which partners with the Arlington Life Shelter once a month to make nutritious meals for guests.

Janet encourages anyone who’s interested to get involved with the Arlington Life Shelter. “There’s tons of opportunities...there’s so many people to help,” she says. “I’m telling you — it changed my life.”

Thank you, Janet, for sharing your incredible spirit with our community!

Janet has been a friend of the Arlington Life Shelter for a long time, and not just as a volunteer. “Five years ago, I was [receiving services] here,” she says, explaining how the Shelter helped her build a stronger future. “It was so impact[ful].”

One of the most moving parts of her stay was the

# Shanice Is Grateful for Your Partnership

Faith, family and friends like you helped Shanice find safety and hope.



Here, Shanice attended classes like financial literacy and Empowerment Class, which helped her adjust her budget, create meaningful connections with other guests and even start a family-oriented empowerment group of her own.

“It feels good when it’s genuine people who... want to help you.”

For Shanice, taking care of Junior, 10, Imani, 7, and Koda, 3, is her biggest goal in life. Despite many hardships, Shanice has always kept faith in her religion and in her dreams of a better tomorrow for the whole family.

Little Koda, who was born with a cleft lip and palate, is whip smart, while Imani is very independent. Junior is a helpful

older brother who tries to help guide his younger siblings.

Shanice is truly passionate about raising her children to be strong and keep a positive outlook. That’s why she and her family moved back to Dallas after escaping domestic violence. Searching for a safe place to stay, she learned of the Arlington Life Shelter from a friend.

“I really appreciate [your support],” Shanice says gratefully. Thanks in part to friends like you, Shanice was able to find a job as a supervisor in the dining department of UTA. She even found a new home for her family.

“It feels good when it’s genuine people who...want to help you,” Shanice says of everyone she met through the Shelter. Thank you for making Shanice’s story of hope possible!

## JOIN US FOR A ROAD HOME TOUR

Looking for a way to find out more about the Arlington Life Shelter?

Join us for a tour of our facility.

Discover how the Arlington Life Shelter is transforming the lives of our homeless families and individuals in the community.

You’ll learn about our programs and services, which are designed to provide a path to self-sufficiency. We can’t wait to show you around and share our passion for making a difference.

### 2024 Tour Dates & Times

March 13 – 4:00 pm to 5:00 pm

April 10 – 8:00 am to 9:00 am

May 8 – 4:00 pm to 5:00 pm

June 12 – 8:00 am to 9:00 am

To secure a spot on the tour please contact Bertha Orona at [borona@arlingtonlifeshelter.org](mailto:borona@arlingtonlifeshelter.org) to register.

Don’t miss out on this opportunity to explore and learn!

**Arlington**  
Life Shelter

**ROAD HOME**  
Tour