

# *The* *Road Home*

STORIES OF HOPE FROM THE ARLINGTON LIFE SHELTER

**Arlington  
Life Shelter**

HOLIDAY 2024





Stephanie R. Melchert  
**PRESIDENT & CEO**

## Dear Friend,

I hope this message finds you surrounded by loved ones, preparing to celebrate the holidays in a way that brings you joy.

Right now, I feel inspired, and that’s because of you. Your generosity has made an incredible difference this year for our neighbors facing homelessness.

We have faced many challenges this year, including the high cost of living, but you have never wavered in your support of our neighbors experiencing housing insecurity.

Your partnership has helped so much. For Edrick, page 3, you’ve provided stability and opportunity in the form of case management, therapy and life skills classes. And he’s just one person your generosity has impacted. We’ve changed hundreds of lives together this year.

As you read our special holiday edition of *The Road Home*, I hope you reflect on the positive change you’ve sparked in our community. We truly could not do this work — 24/7, seven days a week, 365 days a year — without you.

Wishing you and yours a joyful holiday season!

Gratefully,

*Stephanie*  
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.



## You Helped Edrick Regain Stability

In 1999, Edrick left Michigan with his wife to grow and nurture their three children here in Texas.

**“I can cope and negotiate my own thinking a little better and make better choices,”**

The family enjoyed many happy years and holidays together, but Edrick and his wife sadly experienced something no parent should have to endure — the death of their daughter, Olivia, due to an aneurysm. She was 21 when she passed.

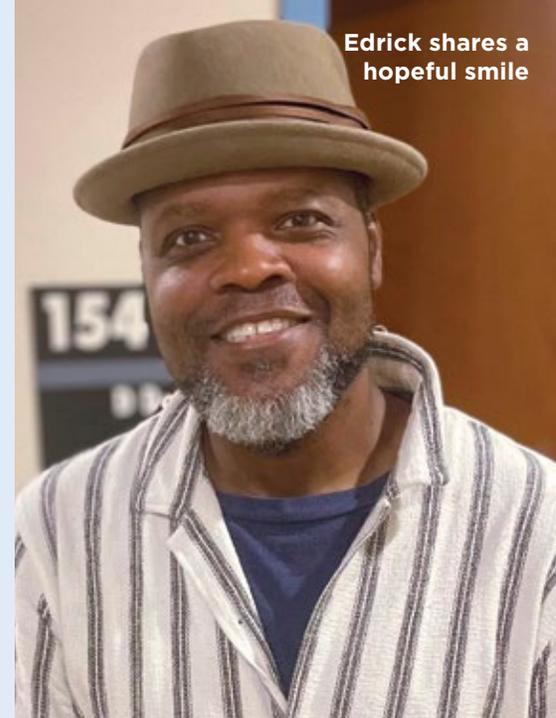
“Every time I think about her, I can’t [help but] smile,” Edrick says of his daughter’s kind heart.

The tragedy profoundly affected Edrick’s marriage, eventually leading to divorce. Things began to snowball as Edrick tried to bear the grief and stay housed, but it was too much.

Edrick realized he needed help healing. So, he came to the Arlington Life Shelter.

During his stay, Edrick poured his heart into learning the skills he needed for a stronger future. That included financial literacy classes, spiritual support and a group therapy run by our intern therapist, Julie (p. 3).

“I can cope, and negotiate my own thinking a little better, and make better choices,” Edrick says, speaking on



Edrick shares a hopeful smile

the critical tools he learned through the programs that YOU help support.

Edrick is now attending classes at Tarrant County College and has his sights set on a goal of becoming a social worker, thanks in part to your generosity!

## Spotlight on Julie



Julie has always had a caring heart, but what drew her to

work in therapy was her own experience with a substance use disorder. She credits her recovery to her own fighting spirit — and a therapist who helped her see what was possible.

“When I got out of it, [I wanted to] help others,” she says. That’s when she enrolled in school.

Currently attending the University of Texas at Arlington for her master’s degree in social work, Julie is completing her interning hours here with us.

In Julie’s therapy group class, a client staying at Arlington Life Shelter might learn to understand and manage a diagnosis, practice coping skills for substance use recovery or work through past trauma.

To anyone who comes into her classes, Julie wants her

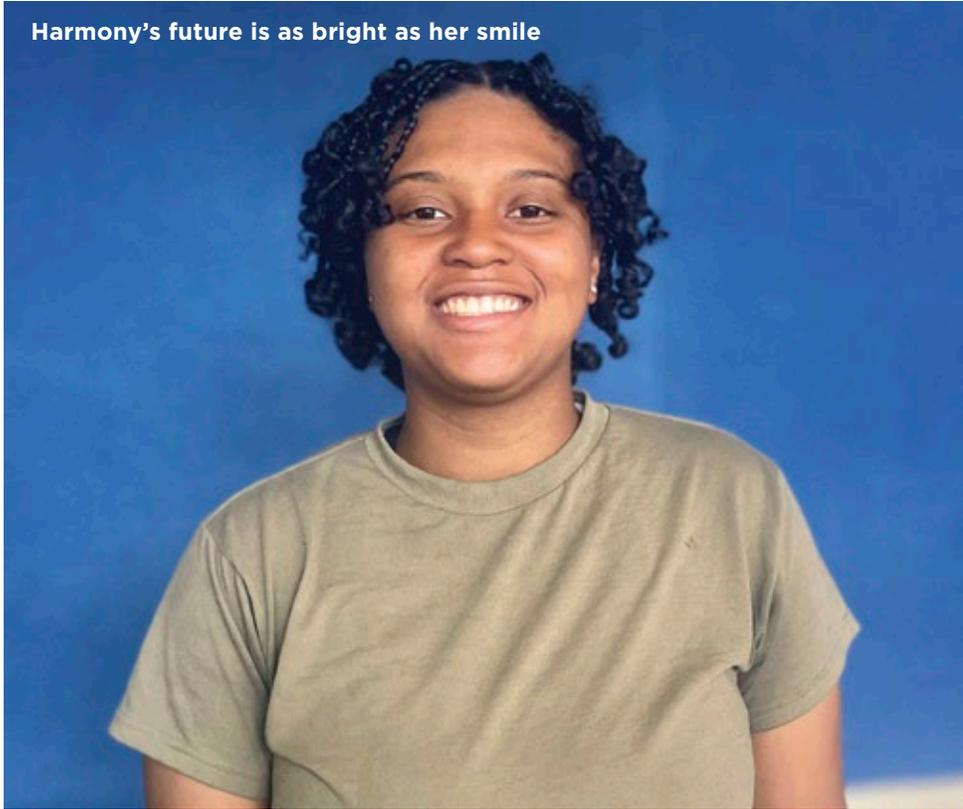
stance to be clear — “I see you, I hear you...I understand.”

Julie finds the key to building trust with clients is rooted in a belief that therapy looks different for everyone.

Once she finishes school, Julie plans to pursue her license. She hopes to stay involved in our mission, especially advocating for substance use care and mental healthcare. Thank you, Julie, for your dedication to our neighbors’ well-being!

# Your Generosity Helps Harmony

Harmony's future is as bright as her smile



Harmony, 19, comes from a military family, so she was excited to continue the tradition by attending Army Basic Training right after graduating high school.

In Basic Training, she uncovered a brave and resilient side of herself by facing every

challenge head-on. She loved sharing the experience with fellow trainees, who soon became her close friends.

After completing the program, Harmony faced a big decision — if she would stay with the Army, or join a different branch. In the meantime, she

had to find a place to live and a job that would sustain her.

With the cost of living so high, it wasn't easy. She tapped into her resilient spirit to make it through, until she heard about the Arlington Life Shelter while hopping from place to place.

“It's really good here,” Harmony says, adding “It's a nicer shelter than I expected, and I'm grateful for that.”

Your generosity shared essential support and resources with Harmony. While here, she got a job at UPS and worked alongside our caseworkers to start the housing application process.

“It's really good here,”

Today, Harmony is looking forward to re-enlisting and joining the Navy to continue her military career, thanks to the safety net you helped provide!

**Donating to the Arlington Life Shelter helps so many people — and can provide tax benefits to you, too. Check out below for other ways to give.**

## ***A Lasting Impact***

### ***IRA Qualified Charitable Giving***

If you are over the age of 70, you can use your IRA Administrator to transfer up to \$100,000 annually to the nonprofit of your choice. Because your gift goes directly to a qualified charity, the IRA distribution is excluded from your adjusted gross income and will provide tax benefits for you.

### ***Donor-Advised Fund (DAF)***

Often an alternative to establishing a private foundation, a donor-advised fund allows you to maximize your donations with less expense and paperwork. Donor-advised funds are managed by institutions or foundations, so you can avoid additional expenses associated

with starting and maintaining a foundation, all while collaborating to make sure your funds are going exactly where you want them.

Please reach out to your tax professional for assistance and advice.