Letter from the Executive Director

Dear Friends,

There is just something about music. It can be captivating, it can be riveting. It can be life-changing. It can be holy. Music has a way of helping us express emotions like no other medium. When language barriers exist, music can help us connect. When strangers co-exist, it can help us find common ground. Music can evoke strong emotions, and can be the method through which the parts and sections of the human condition is expressed.

In the words of Bob Benson, “There has to be a song.” There are too many dark nights, too many breakdowns, days, and too many uncertain times. Somewhere deep in the forgetting corsets of our heart, there has to be a song. Like a cool, clear drink of water, like the gentle warmth of sunlight, and like the tender love of a child, there has to be a song.

This past year, Merimy House Domestic Crisis Center served 813 individuals who received that cool drink, that tenderness, and that tender love because of the many dark nights and breakdowns days caused by domestic violence. Many had lost their song—or at worst—never knew they had one.

In this Annual Report, I invite you to listen between the lines. Listen for the times when the song matched a somnolence. Listen for the moments when the song matched a somnolence. Listen with your heart. Listen for all the ways individuals have shone up for warriors through their times. Precious and pitiful.

Listen for the moments... when the song is playing so loudly that the message of truth, service, hard work and faithfulness is so clear apparent it can’t be ignored. Listen for the barriers... the places where an art form, an unapologetic achievement or a life changed for the most beautiful, that sound. Yes, listen (don’t just read) because there is a song. Do you hear it?

In my role as Executive Director, sometimes I hear the sounds of hearts breaking because of domestic violence. I sometimes hear the sound of the cries of children as they adjust to life in an emergency shelter. Sometimes, I hear the sound of families renewed, and above all, I’ll tell you... I sometimes hear the void, the emptiness that was before the sound, and you can’t ignore those sounds. You, with time and with hope, the songs of those beautiful lives have additional notes, bridges and harmonies that are written. These are the most beautiful weights of all.

I hope this Annual Report helps you to hear those sounds. Sometimes, the news stories are ones of trauma. Sometimes, they record مدى of hope, healing and health. Sometimes, they cover stories of jobs, college degrees, requiredcoli, and finding health and others about those things happen because of opportunities like your. The music changes when you show up and give. Your investment and support of our mission not only changes the song for our communities, it changes the singer who sings it. It changes lives. You can hear it in "Billy's" words below:

"I am just now getting to write my life’s song for the first time, and Merimy House is the haven help."

Letting him in another year closed, I want to express my deepest gratitude for your faithful support to the mission of healing, building, and changing the lives of those affected by domestic violence, and I invite you to make a gift today so that the song of hope can continue.

For you see, there simply has to be a song. Let’s keep making music together.

Dr. Mary E. Foley
Executive Director
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"I had one of those crazy flashbacks. But when I woke up, I reminded myself it was past. I spoke gently to my body and reminded her that was a long time ago and I am OK. I cried hard and then I got up, shivered and went out for the day. I enjoyed myself... I believe I am healing.

I never, ever thought healing was possible. I never know what ‘living’ was. I have been surviving for so long that this whole ‘living’ thing is new to me. But I will definitely explore it.

I don’t know the person that I will be in a year, but I look forward to finding out.”

— Merryman House Client
The Nehemiah Project

MHIDC’s Spiritual Enrichment Program is made possible through the support of the Ray & Kay Kessinger Charitable Trust, the Cancer-Mary Charitable Foundation, churches and private donors. Participation is voluntary for Memphis House clients. The program seeks to:

- Anchor survivors in the Christian faith to strengthen their resiliency.
- Serve the faith community by providing guidance on how to appropriately recognize and respond to domestic violence in the church.
- And, to restore the relationship between survivors and their places of worship through innovative partnerships.

When people experience traumatic events, they often question their faith in God’s goodness and love. The Spiritual Enrichment Program provides a safe place to ask questions, a firm foundation on which to grow, and solid be connected with the greater faith community.

The MHIDC Spiritual Enrichment Team recognizes just as we may see survivors that would not immediately connect to a church for support, the Church will care for members that would never reach out to MHIDC for help. Our desire is to bridge the gap by offering specialized trainings to church leaders, teach leaders and members about how to identify and respond to abusive relationships, how to set a culture where disclosures of abuse are taken seriously, and how to support the work of local churches working with survivors within their congregations or communities.

And so, MHIDC hosted its inaugural conference, The Nehemiah Project, in April 2022 during National Crime Victims’ Rights Week.

Conference attendees from more than 35 churches and organizations name together for critical information on establishing and responding to domestic violence survivors from a host of trauma-informed experts, including Dr. Mary Furey and Dr. Brooke Jacobs of Memphis House, Dr. Nathan Iyer, Senior Pastor of Preserving at Heartland Church, Tara Lussey-Rowland of Sage Art Ministries, and keynotes speaker Pastor Patrick McLean of Pastor Patrick McLean Ministries.

Of the attendees who took the post-conference survey, 90 percent answered “Agreed” or “Strongly Agreed” that they were now more confident in their ability to respond to domestic violence.

The Nehemiah Project will return this year on April 28, 2023.
A Lifetime of Advocacy
Honor[ing] 25 Years of Service
(And Counting)!

Mary Johnson has dedicated her professional life to Saving, Building and
Changing the Lives of those affected by domestic violence. Mary J., as she is
affectionately known here, allowed us to commemorate her 25-year work
anniversary in the words she used when we asked her, "Mary J. Don't Say!

Mary started with Women's Haven, Inc. in 1987 as their Executive Director.
Kimba Wood, Mary recounts her telling like this: "I was there to introduce her
as a volunteer. During the interview, the phone rang, and Krista answered the
phone. She was at the phone, and Krista answered the question, and she said,
'Mary, I will come in for work and now I'll get some money.' We then went on,
and the phone rang again. She answered, she said 'Would you be interested in
a full-time position?' And I said, 'Yeah, I'm moving in too.' And

And so, Mary joined a staff of approximately 10 individuals, working the midnight
shift in the emergency shelter. Just last year, she was also named to the Women's
Coalition's Governor's position and occupied that position in that position. The
Outreach Advocate invited and recommended Mary for the job, which she accepted.
From there, Mary spent 10 years working from county to county, reaching and
working with survivors who didn't live in SAVE's emergency shelter. She ran our
abuse, gun, water and her spiritual refuge. She can tell you about the four
different offices locations she has had over time in Greene County, her different roles
involving and safety planning with survivors in the hospital, all about the
cross-cutting partnerships she built with law enforcement officers and school
personnel, and all about the specific survivors over the years who have kept her going.
She said, "We don't have a lot of resources, but look at what we did with it." In
2018, Mary moved from our shelter to our emergency shelter day shift. While there,
Kate has been involved in that department, there's still constant movement, constant
need and our constant. Mary J. Clients and staff alike love her because she is
everything always available, and always herself.

So, we asked Mary a few questions about her hero and a half decades of
advocacy. Here are her answers.

What is your favorite Memory House story?
She was soon after an incident here (at the Memory House), during a staff retreat.
We were outside teaching a, and I don't even remember what the outcome
saw, but I was at an event, laughing so hard, I was crying. And I've heard all
the particular, after that particular, I've gotten so much work in the years.
I've always been with good people.

Most memorable award or recognition?
I was honored to receive the Voices of Liberty's Community-Based Advocate
Award in 2004. I went to Philadelphia and got to meet Sami Gentry-Thank you before
the Crime Victims' Rights Day Rally!

Most memorable client success story?

There was a young Latino woman, she was married to a young man from Chicago.
He was in a gym, he hurt her for a lot. She was writing, and she had a 500 kids. We were
trying to get her out of the situation. She said, 'In our culture, we are not against
the man, it is hard for me to do this.' It took a lot for me to talk into this.

She said, "Well, I don't have my papers, I can't go anywhere." Later, there was a professional weekend and I met Gretchen How's an attorney.
I remember being lost in her presentation and talking to her after the fact. She
helped us...one of my clients - go by step by step on proving there was a marriage
and all the necessary steps. My client eventually got her visa, and she got her
SSN. She met Marjorie. Then she got a phone call, and it was her. She said
that she was living in New York, working as a registered nurse, and she and her
son were doing well.

What has been the hardest part of your job?
Seeing clients that struggle to adapt to shelter and emotional living, and trying
to come to this just well. Telling them their needs can be met here if they just
give up some time. Don't do.

What skills or coping mechanisms have you developed over the years to
protect yourself from the traumas you've seen?
I just know that all I can do is all I can do. I can't take it home with me, because
does. I'm creating myself and my family out of me. I'm not going to let that. It
will consume you if you take on other people's issues. Wherever I am, I just
live in the street or the all of my attention, because they're important to me. And
I just want to be me. I just take care of me. I love

What do you want others to know about your job?
You have to be a warrior for it, because you may not know when you're
making a difference. I know when I'm doing so I am doing it to help. This is
my mission. This job has made me a humble person, because I know I've been
blessed. I have not experienced domestic violence, but I can do this to anyone.
I have not experienced it today, but we don't know what will happen tomorrow.

What do you want others to know about your job?
You have to be a warrior for it, because you may not know when you're
making a difference. I know when I'm doing so! I am doing it to help. This is
my mission. This job has made me a humble person, because I know I've been
blessed. I have not experienced domestic violence, but I can do this to anyone.
I have not experienced it today, but we don't know what will happen tomorrow.

Thank you, Mary J. for making our community a safe and loving place for the past 25 years.
We love you, Mary J.!
New Playground Installation

Did you know? 1 in 5 children are exposed to intimate partner violence annually, and 80 percent of these children are eyewitnesses to this violence. We had 116 children stay in our emergency shelter with a parent this year alone.

And emergency shelters are not, kids need to have space to play. Through the generosity of an anonymous donor, a new, $12,000 Play Mart Playground was installed at our Paducah campus in September for our smallest clients to enjoy. Play Mart also partnered with KF Playgrounds to make a joint donation of an additional bench, making the new area even more comfortable for parents.

The old playground space had been enjoyed by survivors of intimate partner violence who found safety at MINDDC’s emergency shelter or visited the campus for advocacy appointments and more. Now the space provides new joy and excitement for kids on campus.

“Because of this generous donation, even if for only a brief time, children served by MINDDC will be able to engage in the primary job of childhood, which is play!” Executive Director, Dr. Mary Pete, said. “They will be able to experience a space provided just for them, and feel the love that we hold for them.”

Community Highlight Reel

We appreciate every dollar donated, every social media like and share and every word of encouragement to our staff and volunteers. Our community really does make the difference! Your engagement plays a key role, and your gifts and work make a difference in the lives of our neighbors who seek services here.

322 volunteers helped us save, build, and change lives in 2022, giving us 3,390 hours of their time!

Nearly $8,000 worth of food and grocery items were donated during February’s Shop & Share event through the work of 40 volunteers in Kroger locations and on our campus!

ACIS Airlift hosted an Independence Day concert benefiting MINDDC and raised more than $200! Thanks to Preston Roberts for organizing and making it possible!

El Aho Garden Club hosted a Designer Home Showcase benefiting MINDDC and raised more than $13,000 in July! Thanks to Phyllis Stevens and all El Aho members for your work and ongoing support!

Trainz from Denton Law PLLC, PLLC, Nielson, and Independence Bank were paired with MINDDC for Project United for a day full of projects and support in September! Thanks to the United Way of Paducah-McCracken County (now the United Way of Western Kentucky) for orchestrating!

Rubberfest hosted thousands of car enthusiasts, racers and spectators for its largest car show yet, and donated the $30,000 proceeds to MINDDC to help us save, build and change lives! Thanks to Keith Matt, Tiffany Matt, Mark Lawrence and L’Anne Pek for their generosity and work to make that October weekend one to remember!

13 businesses ran specials for us during Domestic Violence Awareness Month, and countless more organizations and individuals were creative and helped us raise awareness of the issue and our services.

Thank you, Community!
Awards

We were so humbled and honored to have received the following awards in 2022:

2022 Purple Ribbon Award in Three Categories
Board Member of the Year (Dr. Resnick Year)
Annual or Impact Reports of the Year (2021 Annual Report)
Outstanding Fundraising Event or Campaign (2021 Purple Dye)

United Way of Paducah-McCracken County’s Live United Youth Award
Addison Allen, Mennonite House Volunteer

KentuckyLake Chamber of Commerce’s Volunteer of the Year Award
Joyce Burkoff, NWSGC’s Resiliency Center Coordinator

Mary Kay Ash Foundation Shelter Grant
$10,000 grant given to one Kentucky domestic violence shelter

WKCTC Scholarships for Clients
Five $500 scholarships for Mennonite House clients as part of The WKCTC Guarantee. The Guarantee’s goal is to increase educational opportunities to diverse populations, low-income people, and others who face barriers to post-secondary education in our region. We were one of eight community organizations to have been selected for a second time to receive these scholarships.

Domestic Violence Awareness Month Awards

Speaking of awards, as a new addition to our DVM activities, our staff, board members and clients nominated and voted for community individuals, organizations or businesses they felt most characterized our core values of Advocacy, Empowerment and Transformation within the past year. These winners were presented with their awards in November in front of their peers and supervisors.

The winners are as follows:

Advocacy Award, given for directly benefiting survivors of domestic violence, for being a voice for the undererved, showing up, and fighting for others:
Lindsey Dobardt, Director of Sales & Marketing at Courtyard Marriott Paducah

Empowerment Award, given for directly benefiting survivors of domestic violence by supporting, inspiring, and empowering survivors as they break through barriers on their journeys toward healing and transformation:
Lilla Rivera, Executive Director at Comerantee of Hope, Inc.

Transformation Award, given for directly benefiting survivors of domestic violence by providing opportunities that create a lasting impact and being a change-maker:
Anne Bidwell, Community Impact Manager at United Way of Paducah-McCracken County

Our Executive Director, Dr. Foley, said this about our winners:
“The barriers domestic violence and trauma can create for survivors are often complex and rarely easy to solve in one try or one meeting. Lindsey, Lilla and Anne have all worked with us and our clients well past where many people would stop. They have each put in so much time and effort to be there for our clients in a myriad of situations. We are thankful for a full community of partners like these three winners—many of whom were also nominated—who go the distance with us to advocate, empower and transform survivors of intimate partner violence.”

Thank you for your work on behalf of survivors, winners!
After eight years, we asked the community to adopt and race a total of 70,000 rubber ducks. We still haven’t cut our ducks, and you still haven’t stopped watching ducks and supporting our mission. In fact, even after 800 ducks sold, community members are still asking us about the next race and giving us ideas for their favorite duck groups.

This year was special, too, because we unlocked some of our favorite and most experienced names: AGQ QuidProQuiz! Quid to the parade! The Paddys Derby was held in April and was a full times event! Quids love the ducks and we sold them out! In May, QuidMart returned, and the ducks sold out too. As we opened up our first-ever duck pre-sale for our rubber ducks! QuidMart attended and nearly 1,000 ducks before the races were won!

Fast forward through our open adoption period in September and October, and we adopted a total of 12,915 of our 70,000 ducks—an increase of 4,910 from the 13,000 ducks that were adopted in 2021.

On Oct. 22, 2022, our favorite book yet took Montgomery Lake at Old River Fish by storm. 10,000 ducks raced an enumerated chart of hills and adults all looked at the chart and cast our DKC’s doing their best to cross the finish line first.

Ultimately, only three could win: Three adoptive parents took duck cash trophies.

$2,000: Guiding Hearts Church 21.30
$1,000: Mike Lindsay

A huge thank you to our Proceeding Sponsor: Humana Healthy Heartland in Kentucky, our Flight Sponsor: Paducah Elks Lodge 217, and Generators of Hope: Steve Schoenheit and Mark Ryan for extending the race, all of our volunteers, everyone who adopted, and everyone who helped us raise more than $40,600 for survivors! We could not do this without each of you!

The 2023 race will be held on Oct. 21, 2023. Follow our Facebook page for updates: Facebook.com/PaddysDerby.

Our Sponsors & Partners

Humana Healthy Heartland in Kentucky
Corrections of Hope
Paducah Elks Lodge #217
Heartland Capital Investments, LLC
The Paducah Bank & Trust
Thornsberry Mills Pharmacy
Taylor Motors
Audiology & Hearing Center
Baldwin Price Health
Baptist Health Paducah
David higher Jewelers
Hopper's
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E. B. Archetts, PLLC
Scorto
Adventist Campground Sales
Alliance Equipment Services
Bouwens Transport Wreckers Engineering & Trucking Inc. / Warriner Engineering, LLC
CFSR
Emcorp Environmental Corporation
EveryHealth
Davison Physical Therapy
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Independence Bank
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Moffitt-McNabb Hospital
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Northmen Family
Occupational Therapy WP&K + Murray State University
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Socially Present
Staley Staker
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Plummers & Harmann Local Liners 194
Puckett’s Fine Jewelry
The Bridge Inn, Inc.
West Kentucky Hard Ethanol
Zeder Graphics
WPT Local 6
Bretler Broadcasting
Puppy City
AKA Alive-A-Way
Amber bliks & Others
Paddys Power
Paddys Pipe Department
Dentists Bank
Dave More
Broad Swanston
Meer DaVantoni
Dr. Darrell Jones
Financials
Fiscal Year July 1, 2021 – June 30, 2022

Revenue
- Grant Revenue: $3,392,062
- Contributions: $135,282
- Fundraising Events: $122,945
- Other Income: $43,966
- Not Shown in Graph
  Investment Income (loss): $(64,054)
  Gain on Disposal of Assets (loss): $(14,031)

Total Revenue: $3,616,170

Expenses
- General, Administrative and Fundraising
- Depreciation
- Grants & Compliance
- Programmatic Personnel Expenses
- Programmatic Operating Expenses
- Community Engagement
- Housing & Stabilization
- Executive Administration
- Safety & Operations
- Advocacy & Resiliency

Total Expenses: $3,814,046

The Financial Statements with Independent Auditor’s Report for Year Ended June 30, 2022 is available upon request.
Strategic Plan 2023–25

In July, our Board of Directors and staff had two full days to complete our next three-year Strategic Plan. We asked ourselves and each other, “What’s next?” and “Where do we want MHDCC to be three years from now?”

As an investor in our organization, we welcome you to see the results of this process, and how we will focus our time and energy through 2025:

**Goal #1**
MHDCC will Develop a Regional Resource Center

Objective 1: Develop digital administrative forms and processes for MHDCC and other nonprofits.
Objective 2: Develop and implement more research-driven practices.
Objective 3: Develop a credentialing training for licensed professionals.
Objective 4: Implement a program that provides job coaching and training for individuals with disabilities.

**Goal #2**
MHDCC will Refine its Client Services

Objective 1: Hire an additional mental health staff member.
Objective 2: Organize client intake and orientation.
Objective 3: Create additional housing units with on-site therapy.
Objective 4: Identify a team of volunteers who can create and lead holistic activities.
Objective 5: Increase accessibility to services through transportation assistance, weekend, and evening programming.

**Goal #3**
MHDCC will Develop and Implement Prevention and Education Initiatives Targeting Specific Populations

Objective 1: Engage residents by delivering training on trauma-informed care and culturally sensitive education to community members.
Objective 2: Offer prevention programming to young adults in high schools in all eight counties.
Objective 3: Create awareness campaigns targeting underserved, high-risk or typically under-served populations (e.g., men, business leaders, etc.).
Objective 4: Create a referral system that incorporates other counties, schools and hospitals.
How to Get Involved

Give

Financial gifts are essential to our operations. You can help us Grow, Build and Change Lives by going online at merrymanhouse.org or by making a check to our P.O. Box, which is listed under “Get in Touch.” We invite you to explore recurring gifts and/or planned gifts with us. Get more information (contact information is to your right).

In-Kind Giving

We also gladly accept donations of physical items to help offset some of our operational costs. Scan these QR codes with your smartphone to be taken to our Amazon Wish Lists.

Book a Talk & Tour

Have you ever wanted to see our campus or have an opportunity to speak with our students? Well, you’re invited! We host Talk & Tours for groups of 5-15 individuals. Groups receive a presentation, a tour of campus and an opportunity to ask questions. The more people who know about our services, the better. Volunteers often turn to friends and family before ever reaching out to us.

Volunteer

We have consistent needs for volunteers in multiple areas of our agency. Take the first step by filling out our Volunteer Application at the bottom of our Get Involved webpage merrymanhouse.org/get-involved.

24/7 Crisis Hotline

800.585.2686
270.443.6001
merrymanhouse.org/hotline-chat

Donations can be made online at merrymanhouse.org or sent to

Merryman House
PO Box 98
Paducah, KY 42002