



Summer 2016

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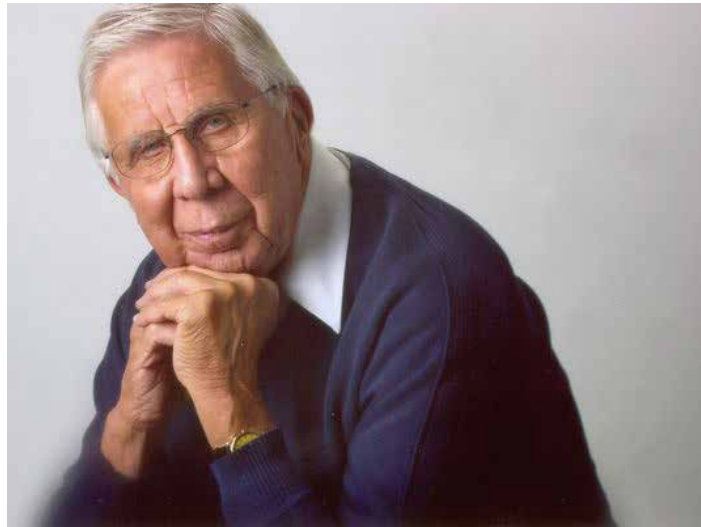
The Glory House

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(605) 332-3273

www.glory-house.org



IN MEMORIAM: REV. DR. ROGER L. FREDRIKSON

When Rev. Dr. Roger Fredrikson passed away on June 16, 2016, Glory House lost one of its founders. More than that, Glory House lost a good friend, a wise mentor, and an inspiring spirit of compassion and Christian caring.

In the spring of 1968, Roger Fredrikson was a young pastor who gave a sermon that mentioned how men coming out of prison have a hard time finding housing. A member of his congregation heard that message as a call to action and rented a large, pink house near the intersection of West 12th St. and Williams Ave. A family moved in to manage the house and Glory House was born.

During those early years, Rev. Fredrikson was deeply involved in the day-to-day operations of Glory House. He envisioned a house where people coming out of prison would have a place to lay their heads and get the support they needed, and he worked to realize that vision. Rev. Fredrikson served on the Board of Directors and recruited staff. He took a genuine interest in the lives and struggles of the residents. He was always available to talk to someone who needed a listening ear or some advice. Executive Director Dave Johnson remembers Rev. Fredrikson as someone who was “charismatic, genuine and sincere. He could talk to anyone and people wanted to open up to him.”

Dave Johnson began working at Glory House in 1987 as a counselor. In 1991, when the Executive Director retired, Rev. Fredrikson encouraged Dave to apply for the position. “Roger reminded me that the mission of Glory House is service and asked me to be open to what God wanted me to do”.

After Dave became Executive Director, Rev. Fredrikson continued to be a mentor to him. “He would come by for coffee. He was always very genuine. He just radiated Christ living through him. He was a strong spiritual mentor.”

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**IN MEMORIAM: REV. DR. ROGER L. FREDRIKSON
 (continued)**

Rev. Fredrikson also continued to minister to Glory House clients. He called them “dandelions.” “God made so many.” Rev. Fredrikson’s trips to Glory House for coffee always included visits with Glory House clients. He showed an interest in every person he talked to. “He was very humble. He treated everyone equally—no matter what their status in life”, remembers Greg Sands, a long time supporter and benefactor of Glory House.

Rev. Fredrikson’s involvement with Glory House and its clients served as an inspiration to the community as well. Greg Sands met Rev. Fredrickson about ten years ago when construction of the Sands Freedom Center was getting underway. “He was always very inspirational. He made me recognize how much a person can do for the community because he did so much.”

One of Rev. Fredrikson’s regular visits to Glory House was for the annual client Christmas party. He would speak to the client group as a whole with words about the Christmas story, but he would also visit with anyone who wanted to talk to him individually. Long time Glory House employee Barb Lueth remembers, “Roger was always approachable. He would always take time to talk. His gentle manner and words of wisdom let people know that they weren’t alone.”

Even as Rev. Fredrikson’s visits to Glory House became fewer and fewer, his presence was still felt. Both clients and staff remember his words and his vision. “He had heart and compassion for Glory House”, Barb Lueth says. Qualities that will inspire the Glory House community for years to come. ■

Here is a list of items that are in need at Glory House...

- Bikes
- Bus passes
- Phone cards
- Stamps
- Gift cards

For the rewards closet...

- Candy
- Notebooks
- Towels
- Home essentials
- Male and female hygiene products
- Movie tickets
- Plastic hangers
- Greeting Cards/stationery

CHANGING A LIFE

Monitoring drug and alcohol use day after day, can seem like endless treading water in a sea of paper work. But, on July 1, staff member Ken Thyen was reminded of how his job can transform a life.

An older man with a drug patch came in to be checked. This gentleman had often talked with staff about his long history of using drugs and alcohol, and the many problems that it has caused him. On this day, he thanked Ken for the drug patch. He said that there were times when he loved meth more than he loved life or his family. But, that has changed. Wearing the patch has saved his life, his marriage and his family. He has been clean and sober for 6 months because of the patch. His marriage has been saved and his relationship with his wife’s family has been restored. At the time that he talked to Ken, he was looking forward to a 4th of July celebration with family who have been alienated from him for 20 years.

One little drug patch and a Glory House staff person who listened, cared and did his job helped a client change his life. ■

SDSU Nursing Students

One final course for South Dakota State University (SDSU) nursing students was “Advanced Population Based Nursing”. These nursing students focused on the Glory House for this experience. The students worked as a group to assess the Glory House community and identify needs for this community. Once those needs were identified, the students implemented interventions to assist in meeting these needs. Overall, this project helped students collaborate with an established agency and develop peer group partnerships to plan and implement nursing interventions for a specific community.

Through the nursing students’ assessments of the Glory House residents and their environment, a number of health needs for this population were identified. Since time was an issue, the students could not focus on all the health needs identified. Through surveys, observation and talking with staff and residents, the students were able to identify four concerns that were a high priority. These included stress reduction techniques; affordable, healthy snacks; benefits of exercise; and treating hypertension.

The students then set out to develop educational sessions for each of these identified areas. For stress reduction, the students presented videos and relaxation techniques—such as deep breathing and meditation—in which residents at Glory House participated. Providing education on how to plan budget-friendly snacks was done by providing participants with actual samples. Listings of resources within the community for healthy eating were also given. Exercise education was provided by first performing a body mass screening for participants as well as cost effective ways to incorporate exercise into the residents’ daily lives. Finally, a blood pressure screening was offered to all residents at Glory House. During this session, participants were educated on causes of hypertension and ways to reduce risk factors, such as obesity, tobacco use, stress, poor diet and sedentary lifestyles.

Overall, the nursing students’ educational sessions had an extremely positive impact on the clients at the Glory House and the nursing students. The clients’ knowledge level after the education sessions was improved. Both clients and staff at Glory House gave positive feedback about the education provided. Many of the participants requested additional educational information on the various topics presented. This was the first opportunity for SDSU nursing students to work with Glory House. All around, it was a great experience. ■





STAFF SPOT LIGHT: DEBBIE DREWES

Debbie has worked at Glory House since December, 2014 as a Client Support Technician (front line staff). She works with both men and women in the residential units.

Debbie grew up in Sioux Falls and raised two sons as a single mother. She is now the proud grandmother of three grandsons. She says that being a grandmother is an amazing experience. “It’s all that everyone says that it is.”

Prior to working at Glory House, Debbie held clerical and customer service positions at businesses. While these positions helped her to hone her “people skills”, it was Debbie’s personal struggle with addiction that has made her a special employee at Glory House.

Debbie has been in recovery on and off for two decades. “I was a chronic relapser. I wanted to be self-reliant. I wanted to do this on my own and did not reach out for the help I needed”. Four years ago, Debbie joined a 12-step group and has been sober ever since.

This experience is invaluable in helping Debbie relate to Glory House clients and she feels that it is the basis for the trust that clients have in her. “I am grateful to be of service to people who need hope and a second chance. I think they see in me that you have to keep trying. Our mistakes give us the opportunity to be better. You just have to keep looking for better solutions.”

Earlier on the day that Debbie spoke about her Glory House experiences, she said that she had talked to a client who told her that she was a “real hard-ass” about following the rules. “But”, the client said, “we have to follow rules. If we can’t do it here, how can we do it on the outside? You don’t have to like it, you just have to do it.”

Debbie’s caring, compassion and living by example make her a valued Glory House employee. Congratulations to Debbie for earning a well-deserved award. ■



Employees of the month for 2016

- January - Ben Kelly
- February - Deborah VanDenHoek
- March - Kari Joldersma
- April - Debbie Drewes
- May - Gail Scott
- June & July - Angie Famestad and Nicki Dvorak

I want to help The Glory House

Please accept my gift to help Glory House residents gain the skills they need to be successful in transitioning back into the community.

The Lord Loves a Cheerful Giver. - 2 Corinthians 9:7

Amount Enclosed: \$ _____
 Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
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P.O. Box 88145
 Sioux Falls, SD 57109-8145
 605-332-3273
 Fax 605-332-6410

Donate online at glory-house.org



HOW DOES YOUR GARDEN GROW...

Every summer Glory House residents enjoy fresh vegetables from the Glory House garden and this year is no exception thanks for the efforts of a caring volunteer and Glory House residents.

Colleen Lathrop recently moved from a house to an apartment. This spring, she realized that one of the things that she missed the most was gardening. Colleen has family members who have lived in half-way houses while transitioning back into the community and she knows the value of having that

structure and support. It was an easy decision for her to take her gardening skills to Glory House.

Colleen volunteered to plant the vegetable garden that is now thriving on the Glory House campus. “It was fun. Glory House is a remarkable place and I would do this again”, she said.

Now that the plants are up, three Glory House residents are tending and watering the garden. Fresh vegetables are on the way. ■



ACA ACCREDITATION STAFF TO VISIT GLORY HOUSE

The Glory House staff and administration are preparing for their 4th evaluation by the American Corrections Association. The evaluators will arrive on September 26 and will spend three days auditing both the physical facilities and the programs offered by Glory House. Glory House has been certified by the ACA for the past 9 years and is expecting another successful audit, which will result in another three year accreditation.

Glory House is the only adult community residential service in Eastern South Dakota that is accredited by the ACA. Executive Director Dave Johnson says that this accreditation is important for several reasons. “Meeting the ACA standards elevates our standard of care and improves our ability to help clients transition into the community. It also keeps us on our toes as far as maintaining our facilities.” Additionally the accreditation improves Glory House’s ability to earn and maintain contracts with federal agencies.

Preparing for an ACA audit is hard work, but it has great benefits for Glory House clients and the community. ■



ENHANCING SAFETY, SECURITY AND TRAINING

This spring 56 security cameras were installed on the Glory House campus. Purchase and installation of the cameras was made possible by generous grants from the Greg and Pam Sands Foundation and the Sheldon Reece Foundation. Executive Director Dave Johnson says that the motivation for installing cameras was to provide a safer environment for clients and staff. However, it has turned out that the cameras have the added benefit of being a training tool for staff.

Many of the cameras, which have both video and audio recording ability, have been placed in areas that are not readily visible by front line staff. However, because the cameras are mounted on the walls, clients know that any unauthorized behavior is being recorded. When unauthorized behavior is recorded, there are no questions about who did what. Dave believes that the presence of the cameras has prevented unfounded complaints and some criminal behavior.

The addition of this safety measure has also improved Glory House's standing with its contracting agencies. Glory House was recently audited to determine its compliance with the Prison Rape Elimination Act. The presence of security cameras helped Glory House to meet and exceed PREA standards. Because of this, Glory House remains eligible to work with clients from Federal agencies.

Although the cameras were installed to create a safer environment, they have also proven to be a useful tool for improving staff interactions with clients. Dave Johnson first learned this when two clients had been huffing. "One of the staff on duty didn't recognize the signs that something was wrong. We reviewed the video and helped the staff person identify the signs of impairment. Since then we have used the videos several times to help staff improve their responses to clients' behavior."

Dave concludes that the cameras have improved safety for clients, staff and the community. They have prevented unauthorized behavior and improved the level of service that staff provides to Glory House clients. ■

A GIFT THAT BECAME A LIFESAVER

This spring the gift of an old bicycle became life-saving transportation for one Glory House client. After raising two boys, Paul Griffith, a trust manager at Wells Fargo, and his wife are starting to down-size. In their basement, Paul found an old bicycle that had belonged to one of his sons. "It was a decent bike, but it needed some repairs."

Contributing to the community has always been important to Paul, and he remembered reading that Glory House needed bicycles. He called Development Coordinator Mary Ann Giebink and she picked up his old bicycle. Once the bicycle arrived at Glory House, it was quickly repaired by a resident.

At that time, another resident of Glory House was struggling to find transportation to kidney dialysis treatments three times a week. The bicycle became his transportation to these life-saving treatments. Paul's phone call to Glory House took on a meaning that he had never anticipated. He learned about it in a "wonderful thank you note from the client that I really appreciated."

Mary Ann Giebink hopes that there will be other stories like this. "We always need bicycles", she says. "Most of our clients can't afford cars. Even if they could afford a car, it's a privilege that has to be earned." Unless the client has a job on a bus route at a time when the buses are running, a bicycle is their only way of getting to work. Maintaining employment is a very important part of the Glory House program because it raises a client's self-esteem and teaches clients skills that will help them be successful in the community.

If you have a bicycle to donate, call Glory House at 332-3273. Mary Ann says, "I will always pick them up and our residents can do minor repairs." ■

You're Invited to the Recovery Luncheon!

When: September 16, 2016 at 11:30

Where: Sands Freedom Center, 4000 S West Ave., SFSD

Speakers: Judge Mary Dell Cody, Alexa Giebink, and David Whitesock

Free Food and Door Prizes!

Check us out on Facebook to read reviews just like this one!

"I have struggled with opiate addiction for 10 years. I've done horrible shameful things to myself and the people who love me, just as addiction will do.

But today I can say I have over 7 months clean (the longest I've ever been able to get together) and I owe a lot of it to the Glory House and some of the amazing staff that were working there when I was a resident.

There is life after addiction, no matter how far deep you are! I am living proof. Never give up! Life is so beautiful if you want it to be!"

[facebook.com/gloryhouse](https://www.facebook.com/gloryhouse)



Adopt a Highway - Glory House

Glory House has a designated South Dakota highway for cleaning up trash and debris. Staff and clients work together to keep this area clean on an annual basis. In the past four years, over 35 staff and clients have been involved with the project. ■



NAMI Walk

Bonnie Dougherty and Mary Ann Giebink helped NAMI South Dakota raise money for this great organization. The Annual Conference for the chapter is in Sioux Falls, September 29th and 30th, 2016. The conference will be held at the Ramkota Hotel and has many great speakers. Alexa Giebink will be one of the speakers for a break out session. She will be presenting her story that she wrote about in the book Phoenix; Rising from Addiction.

This has been a good fundraiser for the Glory House and is going into a second publication. It can be purchased at alexagiebink.com, on Amazon, Gustaf's Greenery and Zandbroz

Alexa will be present at the Recovery Luncheon to speak and discuss the book. She will have copies available so you can obtain a signed copy. ■



The Glory House
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