



Stick a Fork In Me...I'm Done!

Louisiana Charitable Food Summit 2023



Ellen Nora

Executive Director, Solomon House

- **Executive director of Solomon House for 17 years**
- **An ordained minister and has been involved with numerous ministries and service initiatives over the years.**
- **Hope Against Hunger Excellence Award Winner**
- **Daily Iberian Citizen of Year 2022**
- **Louisiana Nonprofit of Small Business Association Grantee**

During the pandemic, Solomon House did not close its doors but instead became the hub for food distribution throughout the parish.

During the height of the pandemic, our agencies experienced an immediate need for a shift in mindset for the unknown.



- Stay open or close?
- How will this affect me financially?
- What will staffing look like?
- Will there be enough resources?
- How do I care for my family and stay true to this mission?

We found ourselves carrying the emotional and physical weight of the day-to-day operations during the pandemic.



- Restructuring of the methods of operation
- Maintaining a positive outlook
- Implementing CDC guidelines for the health of staff and clients
- Dealing with the challenges of staff/clients adhering to the guidelines
- Risking your health and the health of your family

Then we had to navigate the uncertainties
of transitioning to the new normal.



- Yes we can...No we can't!
It's better...It's not!
- Restaffing & restructuring
- Reconnecting with
resources and clients;
finding new resources
- Identifying the next steps

We found ourselves in a position to sit with ourselves and deal with how the pandemic had affected us.



- Revisiting why you chose this path in the beginning
- Comparing the challenges to the outcomes
- I'm tired mentally, emotionally, and physically.
- Self Care

Finally, we found a new passion for the purpose.



Questions?



SOLOMON
— HOUSE —

An Outreach Mission of the Episcopal Church of the Epiphany

Thank You!



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