

Breaking Bread

A Newsletter of Parish Kitchen, a ministry of Catholic Charities

Summer 2018



Celebrating Over 43 Years of Serving Those in Need!

Alan Pickett
Executive Director

Thank You to our "Unsung Heroes"- Our Cooks!

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We want to give a special thanks to all of our "unsung heroes" - the cooks at Parish Kitchen.

Many of our guests compliment the meals, but seldom do the cooks get to hear that positive feedback. The cooks come in after hours to prepare the food and then clean up after themselves as if they were never here. Like magic, we come into the kitchen in the morning to beautifully prepared casseroles ready to be baked and served as our main dish.

We have not met many of the cooks or had the opportunity to thank them in person. So, we want to say "THANK YOU" on behalf of the Parish Kitchen staff and guests. Your meals are delicious. Your work is imperative to the daily operation of Parish Kitchen. Your dedication does not go unnoticed. Thank you for your wonderful service!



Pictured: Bonnie Nilles and Sheila Whitford



Ralph and Bonnie Nilles and Sheila Whitford



Joe Whitford and Ralph Niles

Spotlight on Youth: Blessing Bags for our Guests

Thank you to the students from St. Joseph School, Cold Spring, who collected and assembled "blessing bags" for our guests at Parish Kitchen. The blessing bags were filled with hygiene items and healthy snacks. The hygiene bags had various items including: toothbrush, toothpaste, socks, deodorant, a rain poncho, shampoo, and feminine hygiene products, etc. Other bags included items like bottled water, clementines, granola bars and protein bars. Our guests were so grateful to receive these thoughtful and generous donations.

Looking for service hours for your children or grandchildren?

If your children or grandchildren are looking for service hours or summer projects, there are several opportunities to volunteer from home. They can prepare their own "blessing bags" with various hygiene and/or snack items. Also, children can prepare peanut butter and jelly sandwiches and put them in sandwich bags for guests to take with them as they leave. They can make desserts such as cookies, brownies, and cupcakes for us to serve at lunch. Another option is to gather friends to make a "friendship fruit salad". Each friend can bring enough fruit to cut up and fill a gallon sized Ziplock bag, with juicy fruit like pineapple, strawberries, or cantaloupe. We will mix the fruit when it is ready to be served at lunch. Traveling this summer? Don't forget to save the little shampoo, conditioner, and lotion bottles, soap, etc. from your hotel. These items are just the right size for our transient guests.

These are just a couple ways your children can do something good for the community and brighten the days of our guests.



Pictured: Terry Foster and St. Joseph student, Jackson Steffen



Pictured: Will Sandfoss, Brady Boruske, Jack Gearding, Jackson Steffen and Lucas Duty, students from St. Joseph in Cold Spring, who helped prepare "blessing bags" for Parish Kitchen guests.

Easy Jambalaya



- 1 tablespoon oil
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/2 pound smoked sausage, sliced 1/4-inch thick
- 1 medium onion, chopped
- 1 tablespoon Cajun Seasoning
- 2 1/2 cups chicken broth
- 1 can (14 1/2 ounces) stewed tomatoes
- 1 cup long grain rice

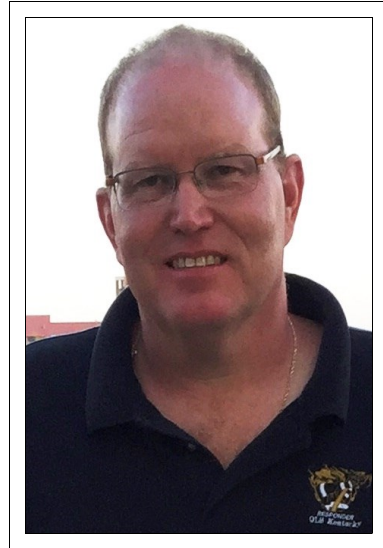
Heat oil in large heavy skillet on medium-high heat. Add chicken and sausage; cook and stir 5 minutes. Remove from skillet. Stir onion into skillet; cook and stir on medium heat 2 minutes or until onion is softened. Stir in Seasoning. Return chicken and sausage to skillet. Stir in broth and tomatoes; bring to boil. Stir in rice. Reduce heat to low; cover and cook 20 to 25 minutes or until rice is tender, stirring occasionally.

Volunteer Spotlight

John Hehman brings his sense of humor and good nature to Parish Kitchen every Thursday to help with dishes and various tasks around the kitchen. Once a month, John picks up our government commodities, consisting of hundreds of pounds of canned goods, juice, frozen and nonperishable items, from the Freestore Food Bank in Wilder and delivers them to Parish Kitchen. John selflessly donated his time and talent to train our staff on CPR and AED.

When asked why he volunteers at Parish Kitchen, John responded, "I started volunteering because PK was looking for help and I had the time to volunteer and from there I felt good about helping out. A friend from high school asked if I would fill in on some shifts. My favorite part of volunteering is the interaction with people, not just the guests but also the other volunteers and the staff."

John has volunteered a little over three years. John said, "A lot of interesting things seem to happen every shift that I am there but one thing that has really made an impression on me is the dedication of the volunteers and their length of service volunteering. Many have well over 20 years volunteering."



John Hehman

Additionally, John brings his talent as a retired Assistant Fire Chief to the kitchen. He helped us stock the first aid kits with necessary items. He has been an asset during emergency situations when we needed to call 911 for a crisis. John was nominated and selected to be added to the "Wall of Honor" for his years of service with the Fort Mitchell Fire Department. He was recognized at a ceremony and reception at the end of May to be added to the Fort Mitchell "Wall of Honor". His name was engraved on the granite wall in front of the City Building. In a recent article in the Northern Kentucky Tribune, former mayor Tom Holocher was quoted saying, "John was dedicated and did a great job for the City and is well deserved for this special honor."

Thank you John Hehman for all that you bring to Parish Kitchen!



Calling all Angels!

The hot summer months can be just as taxing on our guests as the cold winter months. We are in special need of the following items:

**Socks
Deodorant
Razors
Sunscreen
Bug spray/ mosquito repellent**

Please consider donating these items to us at:
Parish Kitchen, 143 Pike Street, Covington, KY 41012 (859)581-7745
Or Catholic Charities, 3629 Church Street, Latonia, KY 41015

Respect

Hospitality

Attention

Affection

Dignity



*P.O. Box 1234
Covington, KY 41012*

Nonprofit Org.
U.S. Postage
PAID
Covington, KY
Permit No. 21

Address Service Requested

Partner with Us in Ministry

Weekend Manager(s) Position Available

Catholic Charities, Diocese of Covington is still accepting applications for qualified candidates to help manage and serve at Parish Kitchen on the weekends. The job description and salary are posted on our website (www.parishkitchen.org or www.covingtoncharities.org) as well as the Diocese of Covington's website (www.covdio.org). Please help spread the word!