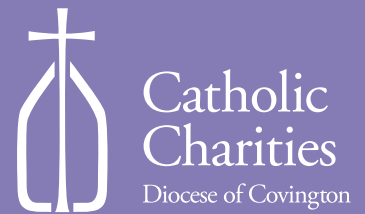


# Partners Newsletter

Autumn 2023 | Edition #101



## Cassba went Up, Up and Away!

How is it that we outdo ourselves each year? We ask this question every year and it comes down to blessings! The blessings of our amazing staff, the blessings of our dedicated volunteers, and the blessings of our generous donors and attendees.

The participation in our online silent auction bidding continues to grow and allows guests who are unable to enjoy the event in person the ability to support us from afar. Having said this, you sure can't miss the enthusiasm and excitement that comes from being in person at the event. When Bishop Iffert flips the coin during our popular "heads and tails split the pot game" the crowd roars with laughter or when Marty Kamer, our auctioneer, convinces a bidder to bid higher, you can hear a pin drop. You have to be in the room to experience the energy.

Catholic Charities soars to new heights when our guests and supporters are all involved to help the clients and guests of Catholic Charities and Parish Kitchen. Congratulations to our Pappy VanWinkle Bourbon Raffle winner Wayne Hodges, and our Cassba Cash raffle winners, first place - Jon Voet, second place - Audrey Marron and third place - Julianne Bruzina.



## Cassba 2023

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# A Letter from the Executive Director



## “Standing on the Shoulders of Servant Leaders”

Commencing a new journey as the Executive Director of Catholic Charities is both an honor and a moment of deep reflection. In this role, I find myself humbled by the legacy of remarkable leaders who have paved the way before me. Icons such as Monsignor Thomas Finn, Sr. Joan Boberg, Bill Jones, and the recently retired Alan Pickett, have left indelible marks on this organization from 1964 to 2023. As we honor their contributions, we also acknowledge the dedication of individuals like Shannon Braun, Vicky Bauerle, and Amy Littleton, whose unwavering commitment for over two decades has been a cornerstone of Catholic Charities’ mission.

The journey of Catholic Charities has been one of compassion, resilience, and unwavering devotion. Since its inception in 1931, this organization has served as a beacon of hope for the most vulnerable members of our communities. Drawing inspiration from the teachings of Jesus Christ, our leaders and staff have embodied humility and love, reflecting His acts of compassion, nourishing the hungry, and healing the afflicted—both in body and spirit.

Guided by these principles, the collective efforts of compassionate souls have transformed Catholic Charities into a force for good, touching the lives of 10,000 individuals annually. The path they’ve forged led to the creation of vital services, such as the nurturing haven of St. Joseph Apartments, now home to 55 individuals. Our footprint has expanded to encompass counseling programs within eight Catholic schools, alongside a comprehensive suite of counseling services for individuals, children, parents, and families—some focusing on housing stability. The heartening impact of our Client Care services and prison ministry continues to reverberate within four detention centers across the Diocese. Recently, our outreach has extended to embrace six rural counties through a mobile food pantry, providing sustenance where it’s needed most.

In stepping into my role as the Executive Director, I stand at the intersection of legacy and innovation. The torchbearers of our past have illuminated the path to where we stand today, and it is with a deep sense of responsibility that I endeavor to address the evolving needs of our communities. To chart this course, I recognize the immense value of collaborative insight. Thus, I’m committed to inviting key stakeholders—our dedicated staff, advisory and corporate boards, volunteers, donors, clients, friends, and partners—to share their perspectives through a brief survey. This engagement promises to be the cornerstone of our strategy, bridging the wisdom of experience with fresh perspectives. Collectively, your input will shape the contours of Catholic Charities’ future, guiding our next strategic plan.

With faith as our guide and grace as our companion, I am resolute in my aspiration to build upon the remarkable foundations laid by my predecessors. Catholic Charities remains unwavering in its commitment to addressing the holistic needs of our community members—physical, spiritual, and emotional. Through the embodiment of Christ’s love and the extension of opportunities for compassionate service, we will continue to be a conduit for transformative change, both for those we serve and for those who seek to serve. Together, we shall amplify our impact and forge ahead on this sacred journey of service and solidarity.

Chris Goddard

# News and Events

## Parish Service Grant

A big thank you goes out to the generous and talented parishioners of St. Timothy Parish. Catholic Charities was blessed to be the recipient of a parish service grant. Twenty-five parishioners of all ages helped construct a backyard pavilion and assemble a gas grill, as well as stain the fence at our St. Joseph Apartments in Elsmere. The St. Joseph Apartments are home to sixteen formerly homeless families. The new backyard pavilion provides shade, shelter, and is large enough for the tenants to come together as a community to enjoy the great outdoors.



## New Playhouse at St. Joseph Apartments

Thanks so much to Dick Henz for creating a wheelchair accessible playhouse for our St. Joseph Apartments. Dick designed and created the house so that all our children at the apartments can play and enjoy the outside. Dick and Rosalie, thanks for all you do to put a smile on the families at St. Joseph Apartments!



## Reach and Teach Scholarship

Congratulations to Kendall Hemsath, our Reach and Teach Scholarship winner. Kendall was a mentor at Prince of Peace for the past two years. Kendall is attending Miami University in the Fall. Good Luck Kendall.

## Welcome Michelle Barbian

Michelle is excited to join Catholic Charities as a School Based Counselor. She previously worked as a school based therapist in Ohio and has over 15 years' experience working with children and families in various capacities. If you would like to join our team, visit [www.covingtoncharities.org](http://www.covingtoncharities.org) for job openings.



# A Companion For The Journey

*By Karen Kuhlman*

We keep checking our rearview mirror, hoping not to catch a glimpse of COVID-19 following at a distance. The Pandemic took up residence in our consciousness and our lives in March 2020. Long-established systems of operation for daily life appeared to vanish overnight. We were accustomed to well-ordered systems by which we could function individually or within our families. When those systems failed, their replacements seemed foreign. We had lost our footing and were suddenly uncertain. Life's typical ups and downs became more difficult to process when weighed down by the fear and uncertainty of the life-threatening virus. Three years later, the Pandemic's lingering side effects continue to play havoc worldwide.

Catholic Charities in the Diocese of Covington began serving those most in need in 1931. The Charity was well-positioned to face the challenges presented by the Pandemic and rose to the occasion by modifying existing services. The Parish Kitchen, for example, temporarily transitioned from providing dining room meal service to offering "grab and go" bagged lunches to guests. This successful management of one of life's curves kept hunger at bay for those without recourse for a nourishing meal. The Kitchen's continued daily operation eased the minds of the poor - one less thing to worry about every day.

Not everyone served by Catholic Charities requires the particular corporal works of mercy that feed the hungry and give drink to the thirsty 365 days a year at the Parish Kitchen. Many require spiritual works of mercy, such as comforting the sorrowful and counseling the doubtful. The unintended consequences of mandates designed to limit the spread of the virus during the Pandemic led to an isolation most of us had never experienced. Some of the results of that isolation are still being felt by individuals in various ways, often compounding existing struggles.

David Durr, Licensed Clinical Social Worker, Mental Health Counselor, and Clinical Director for Catholic Charities, says he and the Charities' counselors are available to all who experience mental and emotional distress, including anxiety, depression, grief and loss, and life transitions.

Families, particularly, suffered from the effects of isolation brought about by the Pandemic. Many now face challenges in family life that result from that isolation: more people may now live in the family home. There is new or increased pressure on families to do everything. Many have been unable to adapt to post-pandemic changes and the loss of family life systems previously in place. Face-to-face counseling, especially for family reunification issues, remains the preferred method for addressing those struggles. Durr said, "It is always better to have the people involved in the room for those sessions; counselors may also meet with clients individually or in separate sessions."

Durr knows that, realistically, some clients may be unable to attend in-person sessions. "The pressure on families is intense today; many continue to deal with COVID-19-related issues. Yes, parents are strong - but they are worn out! Many parents are still working remotely; even now, they and their young children seldom leave the house. That is not good for anybody. They lose their friends and connectivity; their kids are not socialized. Children must have opportunities for unstructured play. Learning to play simple games decreases social anxiety.

*“We want people to know that it is okay to ask for help. Some may be intimidated by the idea of counseling. But understanding what counseling is about can be encouraging: you are inviting someone to go on the journey with you, asking them to allow you to be vulnerable and truly brave. You shouldn’t have to journey alone.”*



Learning the rules of a particular sport and how to play it also puts children at ease.”

Durr said, “All at Catholic Charities strive to live the teachings of Jesus. We observe that children in crisis with no faith perceive everything bad in their lives as their fault versus those with the understanding that God is.” Durr worries especially about socially isolated teenagers; “Kids in junior high need to learn how to interact with their peers. Maybe more so if their family circle is very small. It is easy for them to develop anxiety, especially when their social life is lived online, where they can be manipulated by strangers who misrepresent themselves.”

Face-to-face is the preferred method for counseling sessions; communication between counselor and client is often better in face-to-face sessions. Being in the room with a client gives the counselor an opportunity to witness a client’s body language, allowing the counselor to fine-tune a session. An alternate mode of counseling became, by necessity, more common during the Pandemic. Telehealth sessions can be a good alternative when there are barriers to face-to-face counseling. For example, a young adult away at college may need telehealth sessions, but you want to be sure they are in a private setting for the sessions, away from roommates or friends.

Catholic Charities offers Individual, Child, Family, and Marriage Counseling. David Durr said, “We want people to know that it is okay to ask for help. Some may be intimidated by the idea of counseling. But understanding what counseling is about can be encouraging: you are inviting someone to go on the journey with you, asking them to allow you to be vulnerable and truly brave. You shouldn’t have to journey alone.”



# Program Updates

## **Parents of Addicted Loved-Ones (PAL) Free Support Group**

**2nd & 4th Wednesday  
of each month**

**6:30–8:00 p.m.**

**Catholic Charities,  
3629 Church Street, Latonia**

PAL provides continuing education along with support, at no charge, for parents with a son or daughter suffering from alcohol or drug addiction.

## **Free Homebuyer Education Class**

**Saturday, October 7, 2023**

**Saturday, November 4, 2023**

**Saturday, December 2, 2023**

**9:00 a.m.–4:00 p.m.**

**Catholic Charities,  
3629 Church Street, Latonia**

Learn about managing money, budgeting, insurance, inspections, mortgage lending, realtors, protecting your investment and predatory lending.

Class size is limited.

REGISTRATION REQUIRED:  
(859) 581-8974.

## **Jail Ministry**

We are excited to share some significant updates from our Jail Ministry.

**Expansion into Mason County Jail:** Our ministry has embarked on a new journey by extending our outreach to Mason County. This expansion wouldn't have been possible without the dedication of seven remarkable volunteers. Since kicking off this initiative in July, they have already made a meaningful impact by connecting with more than 50 inmates in just two short months. Currently, our visits to Mason County Detention take place on the second and fourth Mondays of each month. As our team of volunteers continues to grow, we anticipate expanding our visits to additional nights in the future.

**Continuing Our Mission:** Our dedication to serving those in detention remains unwavering. In addition to our work in Mason County, we are still actively engaged in the other three detention centers where we have been providing spiritual guidance and support. As of the end of August, we have had the privilege of sharing Scripture, offering prayers, and fostering fellowship with over 1,100 inmates this year.

**MRT Classes in Kenton County:** We are thrilled to report that our Moral Reconciliation Therapy (MRT) classes in Kenton County are flourishing. So far, we have successfully graduated 12 students, helping them on their path to rehabilitation and personal growth.

**Supporting Education:** Education remains a cornerstone of our ministry. Clara Fister continues her dedicated efforts by tutoring GED students at the Kenton County Detention Center, helping them acquire essential skills for a brighter future.

We are immensely grateful for the continued support of our volunteers and the communities we serve. Your dedication allows us to make a meaningful difference in the lives of those in detention, offering hope, redemption, and a path toward a better future. Thank you for your unwavering commitment to our ministry's mission.

Saying Goodbye is hard to do! Dave Capella recently retired as our Jail Ministry Coordinator after five years. He will be missed by all. We thank Dave for all his hard work and dedication.

# Program Updates continued

## You Can Change a Life by Donating a Bike!

Pickett's Corner, a ministry that started in the spring, has provided bicycles to over 90 people and there is still a waitlist. Your donation of a "close to road ready" bike can change the life of those receiving the bike. Most of the people who receive a bike will use it for transportation to work, to the store or to travel to doctors appointments. So, your donation can change a life. If you have a bike to donation, contact us at [pickettscorner23@gmail.com](mailto:pickettscorner23@gmail.com)



## Diocesan Annual Appeal

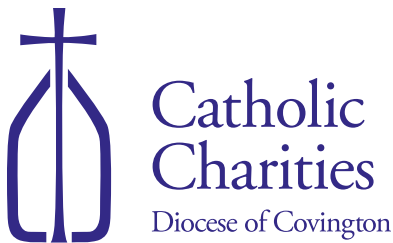
A huge thank you goes out to all of those who contributed to this year's Diocesan Annual Appeal. It is because of your generosity that Catholic Charities will receive \$18,000 towards our Therapeutic Counseling program and Parish Kitchen will receive \$9,000 through a service grant made available to us through the Diocesan Annual Appeal.

Since the previous fiscal year, we have seen an increase of 72% more adults, children, families and couples who have sought out our counseling services. Parish Kitchen has seen an increase of 43% more meals served since the previous fiscal year. Your generosity allows us to open our doors for our clients to come as they are...traumatized, struggling, tired, lost, anxious, broken, worried or hungry. Know that you have helped to make a difference in the lives touched through Catholic Charities and Parish Kitchen. Bless you!

## Continuing to Improve!

Parish Kitchen has made some significant improvements to their side yard. They have created a sidewalk to the grill, gazebo, and a paved driveway for the mobile food truck allowing for easier access. Additionally, they have improved the covered patio by adding a full enclosure, making it suitable for both hot and cold days.





***Extend a Hand. Change a Life.***

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**Serving the community for over 92 years**

***Our Mission:***

***“To promote healing,  
restore hope and affirm  
human potential through  
services that empower,  
voices that speak for justice;  
and, partnerships that  
strengthen communities.”***

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David Durr, Mental Health Counselor and  
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Patti Anderson, Housing Supervisor  
Michelle Barbian, School Counselor  
Amy Bauer, Parish Kitchen Assistant Manager  
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*Partners newsletter is published three times a year in spring, summer and winter  
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Counseling Services; Housing Services; and Community Outreach Services.*