



Catholic  
Charities  
Diocese of Covington

*Providing Help. Creating Hope.*

# partners

summer 2014 newsletter, edition #75



## Integrated Health Partners: *A Healthier, Happier You*

Catholic Charities' counseling department is partnering with the nursing program at Gateway Community and Technology College in a health project, *A Healthier, Happier You*. There is a growing recognition among health professionals that mental and physical health are closely linked, each affecting the other.

*A Healthier, Happier You*, which is free to participants, involves nursing students, who under the direction of their supervisor, will be providing confidential, one-on-one consultations regarding any health issues the participant may have. Participants will be drawn from among Catholic Charities clients, as well as members of the local community. The goal of the project is to

increase awareness of health issues and help clients be proactive about their health, learn about risk factors and to develop strategies to manage them. Topics to be addressed include stress management, weight and nutrition, diabetes support and education, and heart wellness. The program also hopes to reach out to those who are struggling in isolation with physical and mental health issues.

Participants will attend seven three-hour sessions, which will take place at Catholic Charities every two to three weeks between August 22 and December 5. In addition to the consultation and education, there will also be an experiential segment which may include, for example, taking a walk and using a pedometer to count steps, making healthy snacks or developing menus that take into account the needs of people with diabetes or high blood pressure. Participants who attend all seven sessions will receive a \$25 gift card.

Paula Weber LCSW, Counseling Supervisor, is delighted that we are able to offer this opportunity to the people we serve. "The health care industry is taking active steps to increase health outcomes for people within their care. This series will be an opportunity for our clients and interested community members to gain knowledge and experience ways to be healthy. It will also be beneficial to the nursing students to gain insight into the mental health needs of the people we encounter," says Paula. She hopes that this will be the first of many such collaborations with other members of the health care community. To register for this free program, contact Catholic Charities Client Care at 859-581-8974.

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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.*

## Dear Friends

### *The Joy of the Gospel*

As I write this in mid-July, the lazy summer days and vacation time are here. However at Catholic Charities our work goes on year-round. We know that our brothers and sisters whom we serve never get a break and that while we are enjoying our break from work, many of the people we serve are desperately trying to find a job. The cost of food continues to rise, and the current price of gasoline is a tremendous burden for people who are already struggling to pay their bills. There is no vacation from poverty, homelessness, hunger or addiction.

In this issue of *Partners* you will find two articles about Parish Kitchen, a ministry that is central to our mission. At Parish Kitchen it is our privilege to serve some of the neediest people in our community. This year we have begun to expand services to our guests. I am proud of the work we are doing there, not only feeding the hungry, but working with people to remove barriers to greater participation in society. In June we also celebrated the 40th anniversary of the founding of Parish Kitchen. It is a testimony to your generosity that every day of the year for the last 40 years the Catholic community has fed hungry people in Covington.

I have recently been reflecting on the writings of our Holy Father in his apostolic exhortation, *The Joy of the Gospel*. Pope Francis writes about the special place of the poor and vulnerable among God's people. At Catholic Charities we know that it is a privilege to serve the poor, because they are close to God. We daily see Christ in the face of our brothers and sisters who come to us in need, whether they are hungry, homeless or suffering the inexpressible pain of mental illness or addiction. When the staff of Catholic Charities prays together, as we do frequently, one of our most cherished Gospel passages is from St. Matthew, Chapter 25, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

We are able to do our work because of your generosity and kindness. The staff also joins with me in thanking you for being with us as we do the Lord's work, not only with your financial help but also with your prayers.



Your partner in service,

*Shannon N. Braun*

Shannon Braun, MSW, CSW  
Interim Executive Director

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*This newsletter is published three times a year in spring, summer and winter for friends of Catholic Charities. Catholic Charities provides adoption services, housing support, therapeutic counseling, parenting services, pregnancy counseling, substance abuse treatment, jail ministry and prisoner reentry services, youth development services, client care, and volunteer support.*



## Reach and Teach

The *Reach and Teach* mentoring program pairs high school students with children in grades four through eight. The program grew out of the work of the Catholic Charities' school counselor at Prince of Peace Elementary School, an ACUE school. She had noticed that many children there were missing positive male role models in their lives. These children were on her case load because of behavior or academic problems, including disruptive behavior in class, poor attendance and low academic achievement.

In the pilot program for what eventually became *Reach and Teach*, the counselor developed a plan to pair students at Prince of Peace with upperclassmen at Covington Catholic High School. Covington Catholic is only two miles away from Prince of Peace, but serves a very different population. Boys from Prince of Peace were matched with Covington Catholic students who would become mentors and tutors to the younger boys. The high school students who were to serve as mentors, received training from Catholic Charities staff. Topics included what it means to be a mentor and tutor, the importance of consistency in making this commitment, information about healthy boundaries and what to do if a mentor felt that the younger boy had shared information that might affect his safety and wellbeing or that of his family members. The mentors met with their mentees once a week after school for about an hour. Mentors were trained in how to foster a healthy social and emotional

relationship while also providing much needed academic support.

This program is a win-win for all participants. Mentees are afforded the opportunity to have a consistent, genuine relationship with a high school student that has a positive effect on their overall well-being and academic achievement. High school students are made aware of diversity within our diocese, and learn about the needs of the mentees, who frequently live in situations very different from those of the mentor. Mentors also have the opportunity to develop and exercise leadership skills.

Since its inception the program has grown to five schools and includes both boys and girls. "The challenge for Catholic Charities is finding mentors" said Sheila Dumford, school counseling program supervisor. "It is a big commitment for the high school students. The mentees really look forward to their time with their mentors." During the last school year, *Reach and Teach* trained 45 mentors who served 40 children in five different schools: Prince of Peace, Holy Family, Holy Trinity (all ACUE schools,) Ockerman Elementary and RA Jones Middle schools in Boone County. (Because of other commitments, some mentors were able to serve for only one semester.)

In the coming school year we hope to involve 60 elementary school students in grades four through eight, and to train 75 mentors. If you have or know of a high school junior or senior, boy or girl, who would be interested in learning more about the *Reach and Teach* program please contact Theresa Bergmann at Catholic Charities at 859-581-8974. All training is provided.

## KOC Golf Outing Huge Success

Pictured is the presentation to the Catholic Charities staff of the check from the 6th Annual Knights of Columbus Golf Outing. The golf outing provides support to the Catholic Charities LifeLine Fund. We are very thankful to committee chairs Dennis Elix and Carl Biery, and committee members Bill Theis, Wayne Brown, Bill Kopp and Dave Ledonne. Because of their leadership and commitment, and the support of sponsors, golfers and donors, the event raised \$8,200. Over the six years the golf outing has raised \$44,500 for the fund, which helps needy pregnant women, new mothers and their babies.





## Parish Kitchen Extends a Hand

Throughout the forty year history of the Parish Kitchen, staff and volunteers have worked informally to help guests who expressed an urgent need for help. This has included material assistance, for example, providing items such as blankets, socks, soap and shampoo, or giving referrals to community partners.

Since January, Catholic Charities staff member David Phillips has been available at Parish Kitchen three days each week to consult with guests who are asking for help. Six months in, David has found that although people need help with employment and housing, the need most commonly expressed is something that is so necessary to daily living that most of us never think about what life would be without it. It's something that costs only \$4, but even so is out of reach of many of our guests. What is it? It's a valid ID.

David says, "Without ID, people don't have access to shelters, benefits or employment. There are some sad situations that result from lack of ID. For example, one guest had no ID. To get an ID, you have to have a birth certificate and Social Security card. This guest was born in Mississippi, is homeless and living on the street. Mississippi requires ID to issue a birth certificate. If he was staying in a shelter, he could get a letter saying that he is staying there and receiving case management and send that with a copy of his medical card (which

does not have a picture.) Unfortunately the shelter won't allow you to stay there without picture ID. There are many stories like this." David has gone to the courthouse with several Parish Kitchen guests to get their IDs. Going to the courthouse can be an overwhelming experience, and David's presence provides support. He comments, "You see that many guests have very little confidence. The courthouse is an intimidating environment for them."

A Kentucky ID for a homeless person is \$4 and is good for one year. Many of our guests are indeed homeless, but there is also a large group precariously housed, who are "doubled-up," or "couch-surfing." They are not considered homeless by the legal definition, so for them the ID is \$12 and is good for four years, like a driver's license.

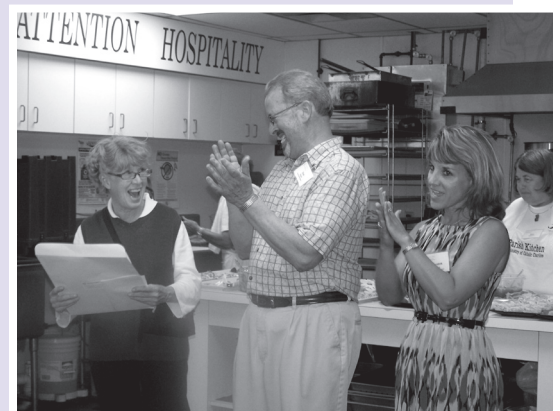
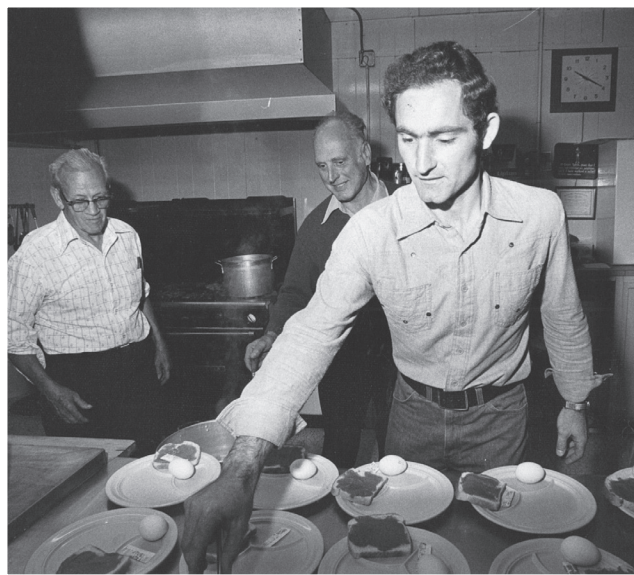
Our guests at Parish Kitchen are among the most marginalized people in our community. They live on the sidelines and in the shadows, unable to attain the stability we all take for granted – food, housing, cleanliness, proof of who we are. We fund this case management position and the services associated with it, such as provision of ID and birth certificates, through the generous donations of people like you. With your help, we are able to assist our brothers and sisters take the first steps into the world that the rest of us live in and often take for granted.

# Parish Kitchen Through the Years

Every single day for the last forty years, Parish Kitchen, a program of Catholic Charities, has served lunch to whoever walked through the door in need of a hot meal. According to the archives, there were five guests served on the day Parish Kitchen opened, June 17, 1974. Last year, over 200 meals were served each day. Just as in 1974, the meals are prepared and served by dedicated volunteers, many of whom have been involved with Parish Kitchen for years.

The 40th anniversary was celebrated on June 17th with an open house. Many friends and volunteers were on hand to hear Covington Mayor Sherry Carran read a proclamation naming June 17th, 2014 as Parish Kitchen Day in the city of Covington. "It is just as much a celebration of our donors and incredible volunteers as it is the people we've helped along the way and the impact we've had on the community," Dan Nolan, the director of Parish Kitchen, told the Kentucky Enquirer.

If you are interested in how you can help Parish Kitchen, contact Dan Nolan, Parish Kitchen Director at 859-581-7745 or Vicky Bauerle, Institutional Advancement Manager at 859-581-8974.



## Bishop of Covington

Most Reverend Roger J. Foys, DD

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## Volunteer of the Spring



**Mike Legeay** was a volunteer with the Second Chance Mentoring program at Catholic Charities, which matched volunteer mentors with people leaving prison. Mike lives in Ft. Wright and has previous experience volunteering with Parish Kitchen and Cincinnati Association for the Blind.

In the Second Chance Program he worked individually with men who were incarcerated and planned to return to Northern Kentucky upon their release. He wrote letters to program participants, visited them prior to release, and then worked with them in the community after release. Mike worked with men who had committed very serious crimes and had a variety of mental and physical health problems as well as substance abuse issues. He did a great job of providing support and direction to these men, who had few if any positive influences or relationships.

The men that Mike worked with were among the most successful participants in the program. His efforts were essential in helping the Second Chance Mentoring Program achieve program goals. In addition, Mike became a role model for other mentors, setting an example that others could emulate. He was a gift to the program and we are grateful for his hard work and dedication.

## Volunteer of the Summer



**Dr. John Darpel** came to Catholic Charities as a board member in 1997 and served as board chair beginning in 2000 for an additional three years. When completing his terms on the board we encouraged him to volunteer in another capacity with the agency. He began working with Mary Massie, CFO. Dr. Darpel prepares bank deposits on a weekly basis. Mary said, "He has been a great help to me in taking care of our deposit records each Friday and is a pleasure to have around." Joy Boothby, volunteer coordinator added, "He has been a

treasured gift to us for eighteen years."

Catholic Charities is registered with the Kroger Community Rewards Program. **PLEASE REGISTER OR SIGN UP using the number 83331.**

*This does not affect your fuel points, but Catholic Charities will get money on a quarterly basis for all the purchases that are made under our number. Thank you for your support!*



## New Faces at Catholic Charities



**Bridget Go, CPA** is our new associate in the business office. Bridget has a long history with us. She discovered Catholic Charities in 2000, when, as a college freshman, she went to a volunteer fair and met with our volunteer coordinator, Joy Boothby. After a brief stint as an evening receptionist, Bridget worked part time in our business office while she was in school. At the same time she recruited her mother, Dianne Ruschman, to volunteer with us also, and Dianne has been our Thursday afternoon receptionist ever since. Bridget returned as a Preservice volunteer in 2011. Bridget is a graduate of Bishop Brosart High School, as well as Thomas More College, where she gained her degree in accounting. She is a lifelong resident of Northern Kentucky.



**Angel Stumler, MSSW** was hired in April as our pregnancy and adoption counselor. Angel grew up in Newport and is a graduate of Newport High School, Northern Kentucky University, and the University of Louisville, where she gained her Master of Science in Social Work. Angel is very familiar with some of our partner agencies in the Northern Kentucky Community, as her master's internship placement was at Family Nurturing Center. She also worked part time while in school at Women's Crisis Center.



**Jennifer Corts** has been the kitchen manager at Parish Kitchen since March, 2014. Jennifer is a certified yoga instructor who first came to Parish Kitchen as a volunteer in 2011. As she wrote in the Parish Kitchen newsletter "My passion is to do the Lord's work through serving others. I love that every day I become a small piece of someone's day that is in true need of a hot meal, companionship or simply needing someone to guide them in the right direction for their journey."

### Program Directors

Mary Fleischman, *Program Director—Capacity Building; New Leaf Center Supervisor*

Monica Kuhlman, *Program Director—Treatment & Adoption and Pregnancy Services Supervisor*

### Program Staff

Patti Anderson, *Housing Supervisor*

Joe Behler, *Counselor*

Jennifer Corts, *Parish Kitchen Floor Manager*

Sheila Dumford, *School Counseling Supervisor*

Karen Gutzeit, *Insights Program*

Darryl Humphrey, *Parish Kitchen Associate*

Laura Jackson, *Counselor*

Brian Kinne, *Substance Abuse Treatment Counselor*

Erin Maggard, *School Counselor*

Brandy Medaugh, *Intake Specialist, Case Management*

Donna Moreland, *School Counselor*

Diane Mushaben, *Counselor*

Elmer Meyers, *Parish Kitchen Staff*

Jeff Mynatt, *Parish Kitchen Staff*

Dan Nolan, *Parish Kitchen Director*

Anna Phillips, *Client Care Coordinator; Parenting Educator*

David Phillips, *Jail Ministry Coordinator*

Caisa Pope, *School Counselor*

Sharon Raaker, *School Counselor*

Michelle Schuck, *School Counselor*

Angel Stumler, *Adoption and Pregnancy Counselor*

Paula Weber, *Counseling Supervisor*

Jennifer Wilson, *School Counselor*

Nancy Woeste, *Housing Counselor*

Sign up at [www.CovingtonCharities.org](http://www.CovingtonCharities.org)



to receive our monthly newsletter!



**Catholic  
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Diocese of Covington

*Providing Help. Creating Hope.*

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**CaSSba 2014  
A Tailgating Good Time**

**Sunday, August 24, 2014**

*See Flyer insert for ticket information and  
more or [www.covingtoncharities.org](http://www.covingtoncharities.org)*

**Hungry and Homeless  
Come, Remember and  
Respond Event**

**Thursday, October 9, 2014**

**Newport Middle School. Begins at 6:00 p.m.  
with memorial service followed by dinner.**

**If you are interested in volunteering at the event  
contact Vicky Bauerle at 859-581-8974.**



***St. Joseph Apartments Need Your Help!***

This summer's toilet paper drive goal is 1,000 double rolls of toilet paper! Help us meet our goal! For more information on how you can help at Catholic Charities' St. Joseph Apartments, please contact Brandy Medaugh at [bmedaugh@covingtoncharities.org](mailto:bmedaugh@covingtoncharities.org) or (859)581-8974 ext. 115.

**Deliver donated double rolls of toilet paper to:  
Catholic Charities, 3629 Church St., Latonia  
9:00 a.m.–5:00 p.m., Monday–Friday**

