

# Partners Newsletter

April 2017 | Edition #83



Catholic  
Charities  
Diocese of Covington



## Angels Among Us

Yes, there are angels among us, and we call them VOLUNTEERS! This year's Volunteer Appreciation dinner will celebrate the 400+ angels who give generously their time, many talents and yes, even their treasures through the many ministries/programs at Catholic Charities' including Parish Kitchen, School Services, Prison Ministry and Receptionists, just to name a few.

It is with excitement that the volunteer Reach & Teach Mentoring program will be given special recognition at this year's dinner as it will

award its first \$500 Scholarship to one of its graduating senior mentors.

Catholic Charities' school counselors provide counseling services in both Catholic and public elementary and middle schools within Boone, Kenton and Campbell Counties. Through the Reach & Teach Mentoring program, high school sophomore, junior and senior students are recruited to mentor our counselor-identified students whose academic performance, self-confidence and choice making can be improved through the mentorship of a dependable, positive, teenage role-model.

Once a week for one hour, beginning mid-October through April (approximately 26 sessions) on a designated school day, high school mentors meet one-on-one after school with their assigned mentee at the mentee's school. During the first half-hour, mentors assist with homework to promote academic success and responsibility. The second half-hour focuses on fun, one-on-one/group activities to build a relationship that promotes self-assurance, positive choices and trust. Catholic Charities' school counselors are present for the mentoring hour.

This year 34 high school students from three area high schools have been actively mentoring through the program of which 13 qualify for the program's scholarship.

**All volunteers are invited to the dinner celebrating  
each other as the ANGELS AMONG US.**

**Save the Date:  
Thursday, June 8, 2017  
St. Joseph's Memorial Hall, Cold Spring  
6:00-8:00 p.m.**



# A Letter from the Executive Director



Dear Friends,

"So we, though many, are one body in Christ and individually parts of one another. Since we have gifts that differ according to the grace given to us, let us exercise them." (Romans 12:5-6)

Have you ever noticed how often the gifts of the people around you compensate where your gifts are lacking? God made each of us uniquely gifted and talented for just this purpose. When we work closely together and share our gifts, we exponentially increase the impact we have on the work we do. I have noticed here at Catholic Charities that we are especially able to make a difference to so many because of sharing our gifts in the spirit of cooperation, support and teamwork.

In this Easter season of the Resurrected Lord, we continue to serve as the hands and feet of Christ to all we encounter in our various ministries of Catholic Charities. Our programs and services vary widely, just as each of our individual gifts vary, yet we are all of the same ministry, serving according to the best of our ability. Each of us contributes from a spirit of generosity the gifts we were given to share. And we look for opportunities to collaborate with other ministries and programs who serve some of the same people we serve. The effect of this generosity and collaboration is surprisingly powerful.

In this edition of our *Partners* Newsletter, we highlight several of our ministries where we are making a powerful impact through sharing our gifts and collaboration. In one article, we feature our mental health counseling services in a collaborative effort with the Life Learning Center in Covington, "Providing Hope for a Better Future" for the candidates in this unique program. In another article entitled "Support Group for Families," we explain how family members of the incarcerated find hope and healing once they overcome the stigma of having a family member in jail. They realize that they are not alone, and they find that others in the same situation understand better than anyone else.

We would not be able to do all that we do without our volunteers who generously give so much of their time and talent to our many ministries. This month, in "Angels Among Us," we feature our Reach and Teach program, recognizing 34 high school students who have volunteered to be mentors of younger students who need a little help and encouragement to be more successful in school. We also highlight a longstanding labor of love of many volunteers in "CaSSba Celebrates 30 Years!!" You won't want to miss this year's CaSSba on August 27, 2017.

These are just a few of the ways our staff, volunteers and financial supporters have become our partners. These are some of the many parts of this one body in Christ, and individually parts of one another, at Catholic Charities.

Thank you for partnering with us in this special ministry. May you continue to be inspired by the work you do at Catholic Charities and be blessed by blessing others in our shared ministry.

Your partner in Christ,

A handwritten signature in cursive script that reads "Alan Pickett". The ink is dark and the signature is fluid and personal.

Alan Pickett, Executive Director

## News and Events

### Save the Date: 9th Annual Golf Classic

Northern Kentucky Knights of Columbus is sponsoring the 9th Annual Golf Classic to benefit Catholic Charities LifeLine Fund on **Saturday, July 15** at Twin Oaks Golf and Plantation Club. A four man/women scramble format shotgun starts at 8:00 a.m. The cost is \$90 per golfer which includes 18 holes of golf w/cart, coffee and donuts, lunch and dinner, beer, soft drinks and a gift bag. For more information or to register call Carle Biery at 781-5054.



### Charity Night at the Tables



Parish Kitchen, a ministry of Catholic Charities, participated in the 2017 Charity Night at the Tables event that was held on March 18th. The event was sponsored by The Yearlings and it supports eight non-profit organizations in Northern Kentucky.

Parish Kitchen had many supporters at the event and would like to thank everyone who was able to attend. Special thanks to The Yearlings and volunteer dealers Bob Wallace, Dave Hatter and Chad Bilz. We would also like to give thanks to all who donated items for the event; Theatre House, Inc. of Covington donated the cow costume, River's Bend Golf Course donated a round of golf, and many other individuals that donated silent auction items. Thank you again to all who supported the event!

*Pictured is the Cow who made a special appearance at the event to help support Parish Kitchen raise money for milk which is served at every meal at Parish Kitchen 365 days a year.*

### Sacred Heart Radio—Son Rise Morning Show

Listen to Son Rise Morning Show at 8:20 a.m. the **fourth Thursday of the month** to hear Catholic Charities staff member on the show talking about the agency and how it is serving in the diocese of Covington. The podcast are also available on the website at [www.covingtoncharities.org](http://www.covingtoncharities.org)



# Providing Hope for a Better Future

*Written by Karen Horgan Kuhlman*

Imagine yourself without hope, facing insurmountable obstacles. You have little joy in life and past experience tells you not to expect much. Suddenly, someone extends a hand and you begin to think there just might be a chance you could change your life.

That life change is the goal of the collaborative effort of Catholic Charities, Diocese of Covington and the Life Learning Center, located at 20 West 18th Street in Covington. Together, they are providing hope where once there was none. Catholic Charities has been helping those in need since 1931 and has been providing individual and family counseling services since 1960. The Life Learning Center began its mission of encouraging transformational life change for some of our neighbors in the Greater Cincinnati/Northern Kentucky area in 2006. They began to pool resources with Catholic Charities through a pilot program in 2016 in the hope of accelerating that process.

The Life Learning Center works with at-risk individuals, 18 years of age or older. Individuals seeking enrollment in the Center must be drug free, have a stable living arrangement, the ability to read at the seventh grade level and commit to making dramatic changes in their lives. Those lives may have included abuse, homelessness, addiction, or incarceration.

The Center focuses on the five domains of life: physical, emotional, financial, spiritual and relational. It offers a 12-week course that begins with Foundation Week, a full week of day long classes aimed at beginning to rebuild the individual from the ground up. Part of the goal is to increase the self-esteem of those who have never felt any reason to be proud of themselves or recognize their own self-worth. Individuals often feel immensely better after that very first week as a result of learning to recognize their own gifts.

In subsequent weekly classes participants work on the practical applications of life. They develop the important life skills they've never acquired: preparing a budget, banking how-tos, resume preparation, mock job interviews and an emphasis on the emotional aspects of coming to know who you are.







*“Catholic Charities typically sees an 80% rate of improvement in the mental health of clients in similar situations. The rate climbs to 100% when paired with the efforts of the Life Learning Center.”*

While the Center works on the practical, Catholic Charities' mission is to manage the mental health component that is so essential to a successful transformational life change. Catholic Charities provides 6 sessions without cost to the Center's clients. Clients may choose to continue with additional counseling sessions with Catholic Charities providing financial assistance if needed.

All of the Life Learning Center's clients, whom Catholic Charities' counselors Paula Weber, Diane Mushaben and Angel Stumler have seen, share a common thread: Trauma.

They often suffer from depression or anxiety brought about by their life experiences. They may have suffered physical or verbal abuse in childhood. Perhaps they've been a witness to the abuse of a parent or suffered the pain of a broken family. They may have been put down or made to feel irrelevant. Past experiences impact a person's future life. The greatest impact will affect themselves but often affects their family and children.

The experience of having a boss who is verbally abusive may trigger memories of past abuse, causing one to react in a manner similar to those of childhood. Counselors help clients break out of the cycle of triggering that reminds them of a past that damaged their self-esteem. Trauma informed therapy techniques and skills help clients make a distinction between the past and the present. It helps them see their own gifts and strengths, and recognize their own value.

The results of the collaboration have been remarkable. Catholic Charities typically sees an 80% rate of improvement in the mental health of clients in similar situations. The rate climbs to 100% when paired with the efforts of the Life Learning Center. This improvement includes emotional, relational, moods, the ability to work, care for family and just enjoy life. Clients are making great progress towards significant positive change, finding strength and hope for the future.

Clients of the Life Learning Center and Catholic Charities are challenged, but they want to do well. This collaboration is a compelling experience for the counselors of Catholic Charities. They are serving the mission of the Catholic Church by reaching out to the forgotten whose barriers stand between them and a full life. They say: "We are Christ's hands in the world. We bring Christ to whatever mission we have. We are brothers and sisters in Christ."

# Celebrations

## Celebrating Longevity

Alan Pickett, Executive Director is pictured with staff who are celebrating milestones at Catholic Charities. Left to right: Vicky Bauerle, Institutional Advancement Manager and Amy Littleton, Quality Assurance Coordinator are both celebrating 20 years of service; Brandy Medaugh, Case Manager-St. Joseph Apartments, is celebrating 5 years of service. Not pictured is Sheila Dumford, School Counseling Supervisor who celebrates her 10 years of service.



## CaSSba Celebrates 30 Years!!



It may be hard to believe, but the CaSSba, Catholic Charities' main fundraiser, is 30 years old! We have come a long way since the first CaSSba in 1987. The CaSSba began when board chair, Mary Grey, knew that Catholic Charities needed a fundraiser to help further their cause. So, with the Board of Advisor's blessings the planning and creating started, and in September of 1987 the first CaSSba fundraiser was held. In 1987 Catholic Charities was called Catholic Social Services Bureau (CSSB), so a board member and volunteer, the late Helen Dailey, added a few a's and the title of the event became the well-known and beloved CaSSba. The first CaSSba's looked very different than the ones of late. They were Garden Parties hosted at the homes of Mary and Shelia Zalla and Charles and Mary Sue Deters and the main raffle was a reverse raffle. Although, the first CaSSba's were different than today's, they still had amazing food and drinks. Over the years, the CaSSba venues change. They moved from Bishop Hughe's home, to the Catholic Center, and finally moved to its present home, the Drees Pavilion in Devou Park, twelve years ago. The event had one mainstay through the whole thirty years, as we still serve the famous homemade hors d'oeuvres. The CaSSba is also unique, because each year a committee of very talented and committed people, come up with a different theme in order to keep the CaSSba fresh and new. This year's CaSSba theme is, Hats Off to 30 Years of CaSSba. Fitting, because the hats really go off to all of those who have supported and continue to support the event. For the past 29 years, the event has helped to raise over \$800,000.

Please help us to continue the CaSSba tradition at this year's event. **The Hats Off to 30 Years of CaSSba will be on Sunday, August 27, 2017 from 3:00-7:00 p.m. at the Drees Pavilion.** For more information about tickets and sponsorship, visit [www.covingtoncharities.org](http://www.covingtoncharities.org) or contact Vicky Bauerle, Institutional Advancement Manager, at 859-581-8974.

# Programs

## Support Group for Families

*By: Maria Meyer, Jail Ministry Coordinator*

Friends and Families of the Incarcerated group provides individuals with hope, information, and listening ears. There can be stigma and shame around having a family member in jail or prison. Our group provides a safe place for individuals to share their struggles without judgment.

It can be overwhelming when a loved one is arrested and serving time. There is a lot to learn about the criminal justice system- from visitation, to phone calls, advocating for your loved one, dealing with transfers from one facility to the next, what to do when your family member is released from jail/prison, probation and parole, etc. Not to mention the loss that comes with having a family member behind bars, living day to day without them and experiencing holidays apart. We don't claim to have all of the answers but we are able to offer a sounding board and practical advice.

We have a variety of people who attend the group—siblings, spouses, aunts, uncles, and parents who have a loved one in jail or prison. Experienced family members offer a listening ear to persons who are newly experiencing the effects of incarceration. With the heroin epidemic, we see incarceration more common and affecting every socio-economic class.

We meet the third Thursday of the month from 6:30–8:00 p.m. We start with a prayer and/or song, introduce ourselves, read and discuss an article, share our stories, and offer support to one another. Kerry Mears from the Department of Corrections, who is a wealth of knowledge, will be at our Friends and Family of the Incarcerated group on May 16th to answer questions. Everyone is welcome.

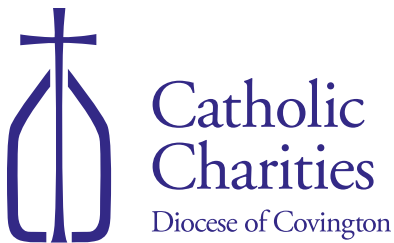


## Lenten Collections Benefit St. Joseph Apartments

Special thanks to St. Pius, St. Henry 8th graders, and the Catholic Health Initiatives for the special lent collections for Catholic Charities' Supportive Housing Program, St. Joseph Apartments. The donations received will be used for those families at the St. Joseph Apartments. What a blessing to have amazing supporters around our ministry! Thanks again to all!

*Partners newsletter is published three times a year in spring, summer and winter for friends of Catholic Charities.  
Catholic Charities provides Child and Family Services; Counseling Services; Housing Services; and Community Outreach Services.*





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

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**Serving the community for over 85 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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