



Overcoming Obstacles and Embracing Changes

The start of the 2020-2021 school year is proving to be a memorable one. As students, teachers, and school personnel begin in person or virtual learning, they are all faced with a new set of challenges and obstacles. Being optimistic about the realities that COVID-19 has forced on schools is no easy task. However, by staying connected, remaining flexible, and offering support to one another, this school year has the potential to provide new experiences and opportunities for growth.

One particular area of focus necessary during this time is addressing the effect of COVID-19 on the mental health of faculty, staff, and students. The fatigue and stress from the pandemic has naturally increased the need for support. Returning to school after an extended absence will undoubtedly involve a period of adjustment. Thus, taking care of our mental health during the pandemic is as equally important as preventing the spread of the virus. Regular mental health self-checks are necessary for everyone, particularly school personnel and students, and should be thought of as an additional safety guideline right alongside wearing a mask, hand washing, and social distancing. Specifically, this means taking time to assess individual feelings and mood, and then addressing those emotions through a self-care plan. Examples of self-care include engaging in relaxing activities, spending time in prayer and reflection, and doing things that elicit joy. Physically caring for our bodies through exercise, getting an adequate amount of sleep, and eating healthy are other aspects of self-care. It is important to personalize these activities to fit individual needs. Once a solid self-care plan has been established, faculty, staff, and students will be better equipped to help and encourage others around them to do the same. Being part of the solution for the greater good of mankind can be a positive and powerful lesson for children.

Similarly, it is important for all school personnel to address the changing needs of our students. Each family has been impacted differently, and has a variety of opinions and feelings about the pandemic and how they choose to work through it. Many children are doing well and continuing to thrive during the pandemic, while others are struggling to adapt to changes in their environment. Implementing time in the school day for social and emotional learning has become an important part of schools, and we can assume there will be an increased need for it this school year. Helping students gain awareness of feelings, practice self-care, and learn healthy emotional expression skills are necessary tools for maintaining their mental health. We can also use this unusual and unique time to build resiliency skills in our children as they continue to experience ongoing changes. As the adults that recognize the spectrum of emotions, opinions, and reactions to this pandemic, we can offer grace to those around us and create a supportive and safe learning environment this year.

One of the biggest challenges for all of us during this time is the uncertainty regarding when we will experience some sense of normalcy and return to our lives pre-COVID19. For children in all stages of development, the lack of predictability, stability, and security can produce feelings of fear and sadness. Establishing a routine, staying connected, and reinforcing self-care are all important factors in helping our children maintain healthy minds and bodies. We are truly in this together!

If you are worried about yourself or someone you know, please reach out and ask for help. You can contact your doctor, your child's pediatrician, school counselors, licensed therapists, or contact the Client Care Department at Catholic Charities to assist you in finding the right resources at 859-581-8974 Monday-Friday, 9-5pm.

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A Letter from the Executive Director



*"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."
(Matthew 6:34)*

Dear Friends,

As I reflect on what we have been through over the past few months, I can see God's hand encouraging us to make the most of each opportunity that has been presented to us and to continue doing what we have been called to do. COVID-19 continues to be an issue in our Church, our community, and throughout our nation. COVID-19 also has been a significant factor in how we serve through our various ministries and activities at Catholic Charities. We encounter roadblocks, face uncertainty, and experience apprehension and fear arising from the ongoing pandemic. Some of the fear is our clients,' some of it is our own. Yet with each challenge, we have overcome. It seems a common theme emerges: 'delay, adjust and continue.'

Virtually every event and every ministry featured in this issue of our Partners newsletter was delayed, adjusted and in the end, we continued to serve as we have been called to do. At Parish Kitchen, after planning, renovating, delays and adjusting, we moved into our new location at 1561 Madison Avenue, on the corner of 16th and Madison in July. Our School-based Counseling program typically kicks off when schools open in August. This year when the schools opened, there were limitations on when, where and how we could meet; in the end we developed a plan to make sure our services were available in our assigned schools. Our Mobile Food Pantry Ministry (originally planned to open early this year) opened at the end of August, making adjustments to respect social distancing protocols. Our jail ministry, currently unable to visit inside the county jails, continues instead by writing to inmates, delivering clothes and person hygiene items, and even meeting with jailors. In these ways, we have continued to witness God's love to everyone we can who is involved in incarceration. Even our fund raising efforts have been affected. The annual golf outing sponsored by the Knights of Columbus was suspended, yet they still made a generous donation; and our annual Cassba went virtual. All these are covered with further details in this edition of the Partners Newsletter.

We continue to be grateful to serve, and we hold fast to our faith that tells us to be present in the moment, responding to whatever opportunities come our way. We trust that tomorrow will take care of itself, and we will continue to serve. Thank you for partnering with us in all of our endeavors. Together, we are the hands and feet of Christ.

In God's mercy,

A handwritten signature in black ink that reads "Alan Pickett". The signature is written in a cursive, flowing style.

Alan Pickett
Executive Director

KOC Supports Lifeline Fund

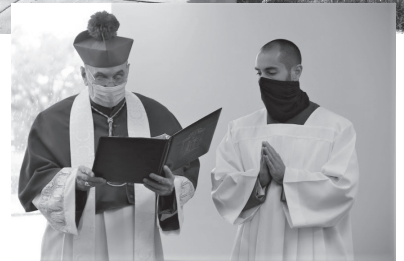
Due to Covid-19, the Knights of Columbus decided to cancel their 16th annual golf outing supporting the Catholic Charities Lifeline Fund this year. Because of their strong connection with Catholic Charities over all these years, several Knights stopped by Catholic Charities' office to present a check from their general fund in support of the Lifeline Fund to Alan Pickett, Executive Director of Catholic Charities of the Diocese of Covington. A huge "thank you" to all the Knights for their ongoing generosity and service. We can't wait for a great golf outing in 2021. *Pictured from left to right are Carl Biery, Knight, Dustin Reed, Knight, Alan Pickett, Catholic Charities, Vicky Bauerle, Catholic Charities, and Dennis Elix, Knight.*



Parish Kitchen Move Update

While COVID-19 has paused and changed many things, it hasn't stopped Parish Kitchen from feeding the hungry or relocating to our new location! We may not have been able to celebrate a formal "Grand Opening", but we did what Catholics do best...we had the building blessed and also said prayers for our guests, volunteers, donors, and staff. Bishop Roger Foys graciously blessed the building and the ministry it represents. Father Jordon Hainsey, Very Rev. Daniel Schomaker, along with a few staff and guests were present for the blessing.

In these times of uncertainty, it is wonderful to experience the love and hope we see in all those who have helped make Parish Kitchen and the relocation a reality. Our guests come and receive more than a meal; they find hope, dignity, and respect. At Parish Kitchen, we aspire to mirror Jesus Christ's actions to love thy neighbor and feed the poor.



Listen to Catholic Charities on Sacred Heart Radio



Driving Home the Faith with Fr. Rob Jack, every month on the 2nd Thursday at 5:09 p.m.
Son Rise Morning Show with Anna Mitchell, every month on the 4th Thursday at 8:20 a.m.
Hear a Catholic Charities staff member on the show talk about the programs offered by Catholic Charities, Diocese of Covington. You can listen live or through the podcast available on the website at www.covingtoncharities.org/news-events

For I Was in Prison and You Visited Me

By: Karen Horgan Kuhlman

"To change the world, we must be good to those who cannot repay us." -Pope Francis

When we think of home we think of a place of comfort. A place where we can relax and enjoy the company of family or friends; a place where we renew ourselves and prepare for the opportunities of tomorrow. Our lives may not be perfect, but there is no place we would rather be.

Certain homes are the opposite of that idyllic portrait. They offer no freedom of movement and there is little for residents to do or look forward to. Though crowded with others, they are lonely places, bereft of the companionship of family and friends. For some, these are not homes of their choosing, but jails where they come face to face with the consequences of their actions. Addiction is often the catalyst for those actions. Catholic Charities in the Diocese of Covington extends a hand of spiritual friendship to those men and women - and to their loved ones who are also impacted by those consequences. Deacon Jim Bayne puts it this way: We provide hope to the hopeless. You are planting seeds that you hope will grow."

Deacon Bill Theis of St Therese Parish offers his friendship to those incarcerated in the Campbell County Detention Center. Several evenings every month, he visits the Center where 600 to 700 individuals reside. Similar to the status of those in the Boone or Kenton county detention centers, some will serve their sentences there while others are awaiting trial or transfer to prison. He offers prayer, friendship and conversation to those inmates wishing to meet with him.

To inmates convinced of their own worthlessness, he relates stories from the Bible about some of the most disobedient of God's children. When the struggles to change their lives were won, they became some of the Bible's most important figures. He offers inmates prayer cards and supplies them with calendars that help them keep track of the weeks and months - an important tool in a world where each and every day is one of unrelenting boredom with nothing to distinguish one from another. Deacon Theis takes seriously the gravity of the crimes committed by those he visits. But, with mercy, he can't help feeling sorry for them and the human tragedy they have created for themselves.

Diane Donathan spent 26 years as a professional counselor working with children in foster care. Children who had been removed from parents unable to provide a stable home. She witnessed the heartbreaking loss of security and stability that addiction inflicts upon children. She resolved to provide each with an experience of a "good mom" during counseling sessions.

In retirement, Catholic Charities' jail ministry provides her with a weekly volunteer opportunity to help women learn how to become that "good mom". She is a Parenting and Family Values facilitator for women incarcerated at the Kenton County Detention Center. This program recognized by the Kentucky Department of Corrections is designed to facilitate the





development of higher stages of moral reasoning. Completion of the program may reduce incarceration by 90 days, increase a woman's ability to become a better mother upon release and, perhaps, bring an end to generational addiction and poverty for her children.

Donathan is proud of the women's response to the class and their willingness to try to work the program despite the odds they face. She cherishes the happiness the smallest gains bring them. Recently, while at a local shopping center, she was elated when a young woman with her little girl approached her and proclaimed: "Look! It's one of your success stories!"

Several years ago, millennial Peter Garcia, front end web developer for Dynamic Catholic, thought that his hopeful and positive nature might be of use in the jail ministry. He became a part of the ministry at the Boone County Detention Center and helps lead a bible study and discussion group each month. Although a bit apprehensive at first, he now feels at peace and looks forward to his volunteer opportunities.

Garcia explains, "The groups are always changing. Many of the inmates come just to see a new face and to talk. They want to tell you what is going through their heads.

The majority are awaiting trial and ask for our prayers. They talk about their families and acknowledge how much they have hurt those who love them. It is almost painful to see how much drugs have ruined their lives and I wish I could just remove that addiction from their lives. I share the story of the Good Thief and explain that God loves them despite their crimes. We all struggle, but these men and women need a lot of support from people who will accept them. I have more compassion now as I am able to see them as real people. I get so much out of this ministry every time I visit. Not everyone will want to become a part of this ministry, but I ask everyone to please keep these men and women in their prayers."

Diane Donathan invites others to join Catholic Charities Jail Ministry Program: "In this ministry we have to be content with the process and not mind the muddy path. Please, come and share your gifts. We may never know the outcome, but we can trust that we have made a difference."

COVID-19 update— While the volunteers have not been able to visit the detention centers since March, they have been able to connect in other ways. Several volunteers are writing back and forth with people incarcerated. Boone County Detention Center has allowed volunteers to make videos to show at the detention center and to provide written reflections that are distributed. Recently all three detention centers have started accepting clothing donations provided by St. Vincent DePaul and the Jail Ministry volunteers. We hope to return to the detention centers in the near future.

For information about volunteering for the Jail Ministry Program or the support group, Family and Friends of the Incarcerated, contact Dave Capella at (859) 581-8974 or dcapella@CovingtonCharities.org.

News and Events continued



Friends & Family of the Incarcerated Free Support Group

3rd Tuesday of the month

6:30 p.m.

Virtual Event

A safe, welcoming community where you will be accepted without judgment.

Questions? Contact dcapella@covingtoncharities.org

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

Wednesdays | 6:30-8:00 p.m.

Catholic Charities

3629 Church Street, Latonia

PAL meets every week and 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, November 7

Saturday, December 5

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.

Embracing change is what this year is all about, and Catholic Charities has done just that! Thank you for your support in making Cassba 2020 live up to its hype...our Biggest Adventure Yet! **We are thrilled to report that the net income for our virtual event was over \$70,000!** We absolutely could not have done this without everyone's help!

We are excited to share the winners of the raffles! Cassba Cash: 1st place—Jamie Grubish, 2nd place—Patricia TenBrink, 3rd place—Anita Beck; The Bottom's Up Raffle: Susan Heppler; Gift Card Raffle: Mike Rickels; and Lucky Lotto: Pam Wagner.

Congratulations and thank you to the winners of the raffles as well as those who placed winning bids on the auction items! The biggest winners of Cassba are always the clients served at Catholic Charities. Because of your support we will be able to continue to help our brothers and sisters in need and strengthen the community. Whether it is through the various counseling programs, pregnancy and adoption services, jail ministry, housing services, Parish Kitchen, or the newest program "Food for Friends" (mobile food pantry), our goal is to equip those we serve to live independent and productive lives. Because of you, Catholic Charities is an example of hope and love to those who are broken.

Cassba 2021 Save the Date: August 29, 2021

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Food for Friends Mobile Food Pantry

By: David Cooley, Messenger Contributor

Catholic Charities – Diocese of Covington hosted its first mobile food pantry, Aug. 28, at St. James Parish, Brooksville. Due to the circumstances of COVID-19, the pantry began as a drive-thru pantry so that social distancing guidelines could be met and the guests and volunteers could remain as safe as possible. The new “Food for Friends” program at Catholic Charities aspires to mirror the love and actions of Jesus Christ by giving food to the hungry.

John Hehman, our mobile food pantry coordinator said that the people he has met with so far seem very happy that the diocese will be present in this way, particularly beyond the three northern counties that have large populations.

“At the beginning, I looked at the counties where we were planning on ministering. I chose Bracken County to start with because my aunt is a Notre Dame Sister at St. Augustine Parish, Augusta. So, I thought, it was a good place to start because I at least knew someone there,” Mr. Hehman said.

It was a good showing for the first month. In total, 55 households were served anywhere from 20 to 40 food items at no cost.

“I was very pleased with the way everything went,” said Mr. Hehman. “I couldn’t have been happier with the volunteers, most of whom were from St. Augustine and St. James parishes, but there were also some volunteers from Northern Kentucky. They all worked well together and kept things moving.”

Father Joseph Shelton, pastor, St. Augustine, Augusta, and St. James, Brooksville, said that despite this being the first day for the mobile pantry, everything went very smoothly. He said that it was important for him, as the new pastor, to make sure that the mobile pantry kicked off in Bracken County as originally planned.

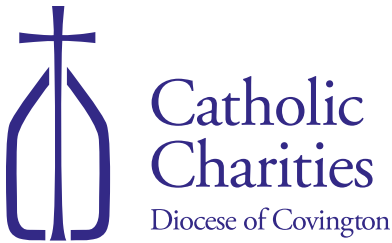
“It is important to give the faithful an opportunity to put the Eucharist into action,” said Father Shelton. “And as we feed the bodies of our guests, I hope that we can inspire a hunger in their souls for the Eucharist. Ultimately, I hope that this experience draws people to the faith and to the Church. Our primary mission is always to evangelize.”

And one final element of assistance was set up for visitors to the mobile food pantry: three representatives from Anthem insurance were there to help them fill out paperwork for Medicaid and Medicare, with no obligations.

“After years of dreaming, months of planning, and then delays and adjustments required by COVID-19, we finally pulled it off,” said Alan Pickett, executive director of Catholic Charities. “We had no idea how many families would show up, but at the end of the day, the people who were supposed to be served were served. ... We are grateful for this humble start, and trusting that we will be able to serve where we are called in other outlying counties in future months.”

For more information, questions about eligibility or volunteer opportunities, contact Mobile Pantry Coordinator, John Hehman, at (859) 581-8974, ext. 124, or e-mail jhehman@covingtoncharities.org.





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“*To promote healing,
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