



DIGNITY ❄️ **RESPECT** ❄️ **AFFECTION** ❄️ **ATTENTION** ❄️ **HOSPITALITY**



Celebrating Over 47 Years of Serving Those in Need!

Spring 2021

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Catholic Charities,
Executive Director

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Parish Kitchen Manager
Amy Bauer
Assistant Manager
Mindy Garcia
Parish Kitchen Associate
Weekend Staff
Gayle Gillen
Marcy Gohs
Chris Meyer
Erica Sellman
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Thanks to St. Elizabeth Health Ministries, Meals Not Only Item on Menu at Parish Kitchen

Written by: Carol Branch, Parish Kitchen Volunteer and Advisory Board Member

Parish Kitchen provides a hot nutritious meal to guests 365 days a year. And twice each week, on Mondays and Thursdays, it offers another vital service: health care screenings through a special partnership with St. Elizabeth Health Ministries.

St. Elizabeth Health Ministries' health screenings at Parish Kitchen and at other religious and social service organizations in the area, are part of "Faith Community Nursing," a concept endorsed by the American Nurses Association that focuses on the "intentional care of the spirit as well as on the promotion of wholistic health and prevention."

According to Marlene Feagan, registered nurse and coordinator of St. Elizabeth Health Ministries, "A key part of what we do is try to provide 'whole person care' that includes connections and referrals to housing, food, and medical resources."

Nurses from St. Elizabeth Health Ministries provide blood pressure checks, glucose (sugar) monitoring, foot exams (for diabetic or vascular issues), mental health checks, physician referrals, and above all else, a caring and compassionate presence.

St. Elizabeth nurses typically see 10 to 15 individuals during each "clinic" at Parish Kitchen. From older adults to younger adults, some of whom are in recovery from substance abuse, the program serves a wide range of ages and ethnicities. According to Marlene, the clients served at Parish Kitchen's new location at 16th and Madison Avenue in Covington, reflect "a microcosm of our community, locally and nationally. Here, we are invited into their lives for a short period of time, and really try to make a difference."

(Continued on page 2)



Marlene Feagan delivers "Blessing Bags" assembled and donated by her granddaughters Harper and Violet along with students at St. Pius School.

Parish Kitchen
P.O. Box 1234,
Covington, KY 41012
(859) 581-7745



www.parishkitchen.org
<http://www.facebook.com/ParishKitchen>
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www.covingtoncharities.org

Dignity

Affection

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Hospitality

Respect

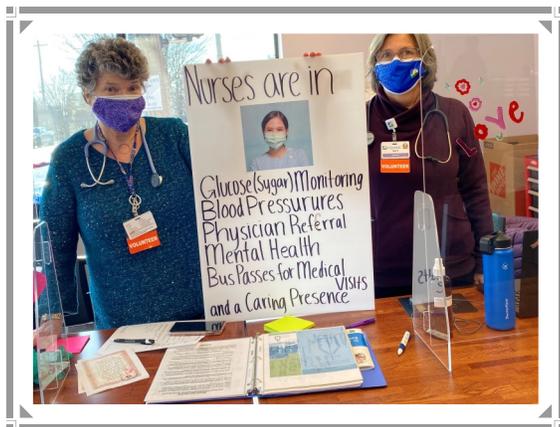
Thanks to St. Elizabeth Health Ministries, Meals Not Only Item on Menu at Parish Kitchen *(continued from page 1)*

That difference is made largely through health screenings and working through the barriers that prevent individuals from getting preventative health care. Some of these obstacles include lack of sustainable housing, limited or no access to transportation to make doctor's appointments, and communication issues. "Simply not having a phone or enough minutes on a cell phone card to make and receive calls from doctors, seems like a simple thing but can be such a challenge for so many," explains Marlene. Nurses can call to make appointments for clients and provide bus passes and other means of assistance to ensure they are able to get to their appointments. Marlene offered the example of a 57-year-old man who was signed up for a doctor's appointment for the first time. He had never been to the doctor as an adult and did not know the importance of having a primary care physician.

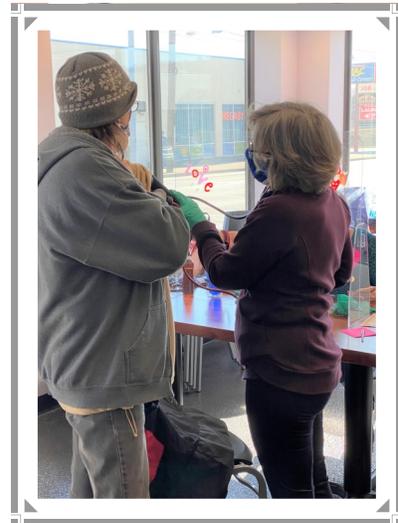
"One of our ongoing challenges is effectively engaging people," she explains. "We are always trying to make inroads in this area. We try to build trust. Our goal is to make sure every person has a 'medical home,' somewhere to land besides the emergency room."

During this unprecedented time of COVID-19, Parish Kitchen is one of the few locations in the community that remains open for St. Elizabeth Health Ministries to provide screenings to clients. While guests continue to be served take-out only meals, those receiving health screenings are able to come inside for check-ups in a welcoming environment that follows all COVID safety protocols.

St. Elizabeth Health Ministries has been a vital part of the Northern Kentucky community for 21 years, four of which have included helping guests of Parish Kitchen. Shared Marlene: "I feel blessed to be doing God's work here."



St. Elizabeth nurses providing health screenings



Teriyaki Chicken (serves 50 people)

Ingredients:

- 5# chicken cut into bite size pieces
- 2# brown rice
- 1 jar teriyaki sauce
- 2 bags mixed stir-fry vegetables

To Prepare: Cook rice. Spray casserole pans with non-stick spray. Mix all ingredients and pour into pans. Cover with foil and bake at 350 degrees for 1 hour or until chicken is cooked and casserole is heated thoroughly.

Volunteers in Action

Many Masks! Mary Kate and Anne Marie Richmond (Beechwood Honor Society Students) kindly donated masks to Parish Kitchen. Thank you students!

Sleeping Bags and Blankets! With the support of the community around us, Parish Kitchen has been able to hand out over 1200 (and counting) sleeping bags and blankets to our guests to keep them warm during the cold winter months.

Thank you to everyone who generously donated - whether you dropped off at Parish Kitchen, Catholic Charities or had your items shipped directly. You made a difference in the lives of many!



Mary Kate & Anne Marie



Sleeping Bag and Blanket Donations

Thank You to our Volunteers

We are so grateful for all of our volunteers. Despite the restrictions that have been placed on us because of COVID, we have safely served carryout meals to our guests every day this past year.

Due to the fact that the dining room has been closed, we have been able to operate with fewer volunteers. Fewer volunteers meant we could safely distance and limit exposure to our guests, volunteers and staff. Because of these efforts, we have been able to safely stay open throughout the entirety of the pandemic.

We are grateful for the patience and understanding of the regular volunteers who have not been able to serve during this time. We look forward to the day we can safely reopen our dining room and welcome back our dedicated volunteers. We miss you.

Parish Kitchen would not be able to operate without the support of our faithful volunteers.

Thank you!

Respect

Hospitality

Attention

Affection

Dignity



P.O. Box 1234
Covington, KY 41012
(859) 581-7745

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

Address Service Requested

Parish Kitchen Wish List

- Socks
- Bar Soap
- Disposable Razors
- Deodorant
- Travel Size Shampoo

If you can donate any of these items, please drop off items to:

Parish Kitchen
Madison Avenue (Corner of 16th & Madison)
Between 8 a.m. and 1 p.m.