



Catholic Charities Celebrates

Catholic Charities, Diocese of Covington, held its annual campaign event on November 8, 2018, at the Sterling Event Center: St. Barbara Parish, Erlanger. This year's theme was from Matthew 11:28-29; "Come to me, all you who are weary and burdened, and I will give you rest." For over 87 years Catholic Charities has been providing healing, hope, love, and compassion to those who need it the most.

Executive Director, Alan Pickett, and staff of Catholic Charities welcomed friends and supporters. During the evening Catholic Charities provided highlights from their mental health counseling programs which are based both in schools and at the Latonia office. Anna Mitchell, host and producer of the "Sonrise Morning Show" on Sacred Heart Radio, was the emcee for the evening.

"Tonight is a night to celebrate the many facets of this ministry. We truly are blessed to be the body of Christ, serving everyone in need with dignity and compassion. We are inspired by our Catholic faith, yet we could not do it without our many volunteers, our dedicated staff and our very supportive community partners and benefactors who all share in this ministry," said Alan Pickett.

The event provided an opportunity to honor Catherine Byrne with the Marcella Strategier "Angel of Hope" Award and the Northern Kentucky Knights of Columbus—Golf Outing with the "Community Partner" award.

Since 2002, Catholic Charities has recognized, in honor of Marcella Strategier, a Catholic Charities volunteer whose generous contribution of time, talent and treasure have advanced their mission. Catherine's relationship with Catholic Charities began when her office was across from Parish Kitchen. Daily, she watched guests come and go for lunch and this quickly drew her interest. One day she went over and introduced herself to Molly, the manager at Parish Kitchen at the time, and asked what she could do to help. Guests were in

need of batteries. So, Catherine shows up with batteries and the relationship grew from there.

Catherine has gone on to serve on the Advisory Boards for both Parish Kitchen and Catholic Charities and she still volunteers today.

Connie Noll, past board member of both Catholic Charities and Parish Kitchen honored Catherine by saying "I told Catherine one of the reasons she should accept this award was so that others will see that even if you give and support organizations in a small way all of those small things turn into larger things. Catherine has a very selfless nature and this will encourage others to want to reach out and be part of something greater than themselves such as what Catherine has done."

Vicky Bauerle, Institutional Advancement Manager, presented the Community Partner Award to the Northern Kentucky Knights of Columbus—Golf Outing. This honor is awarded in recognition of an individual, company, or organization that shares the values of Catholic Charities and whom has collaborated closely in partnership with Catholic Charities to make a significant difference in the community.

10 years ago, the Northern Kentucky Knights of Columbus started a golf outing to provide support for Catholic Charities' lifeline fund. This fund was established to support our Adoption and Pregnancy Counseling clients who have chosen life for their baby. Through these ten years the golf outing has raised over \$89,000. Vicky Bauerle said when presenting the award, "the Knights not only put in their time but their whole hearts and soul into this project. Showing their love of their



Alan Pickett, Catherine Byrne
and Fr. Ryan Maher, VG.

continued on page 7

A Letter from the Executive Director



*"Whoever has two cloaks should share with the person who has none.
And whoever has food should do likewise." (Luke 3:11)*

Dear Friends

While it is still Advent as I sit down to write this letter, I am already looking forward to what the year 2019 brings. Like we always do in Advent, we are praying with great anticipation and expectation for what is to come. Over the past few weeks, we have been collecting and distributing Christmas gifts for many of our clients, ensuring that the families we serve are blessed additionally by God's generosity that has been expressed through many individual in-kind and cash donations. Through the generosity and selflessness of many people, we are living what we heard in the Gospel on the third Sunday of Advent, "Whoever has two cloaks should share with the person who has none. And whoever has food should do likewise." I am constantly amazed and blessed by the example of our staff and our many volunteers and donors for living this gospel through Catholic Charities. You can read more about these efforts on page 6.

We are thankful for our many donors and benefactors the support us throughout the year. Many donors and guests attended our Annual Campaign kickoff dinner in the Sterling Center at St. Barbara Church in November (see page 1). At this dinner we celebrated our ministry by recognizing Catherine Byrne and the Knights of Columbus for their faithful and selfless service, and by sharing the impact that these efforts have on the people we serve.

Looking ahead to 2019, we know that we could not continue this wonderful legacy of ministry without the humble service of our dedicated staff, offering a variety of different services to the poor and marginalized in our area. All of our staff serve because of their call to ministry, using their unique gifts to provide our various ministries. In this issue of Partners, we tell about one of our very skillful counselors, Diane Mushaben, who recently began using a unique technique called EMDR to help anyone who has been dealing with issues related to trauma in their life (see page 4). You can also read about our Jail Ministry and our new Jail Ministry Coordinator, Dave Capella, on page 7. We are blessed to see the face of Christ in the inmates we visit.

As we begin a new calendar year, we set our sights on Christ. We are committed to use our gifts wisely, to share our talents generously, and be open to see where we can make a difference to anyone we encounter at Catholic Charities. Thank you for your generous response to these needs. You help us immensely to make a difference.

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

News and Events

From Page 1, N. Ky Knights of Columbus—Golf Outing “Community Partner” award.

Left to right: Vicky Bauerle, Alan Pickett, Keith Cahill, Wayne Brown, Bill Kopp, Carl Biery, Dennis Elix, Fr. Ryan Maher, VG, Dustin Reed, Fred Porciello and Bob Merkle



Catholics @ The Capitol

Bishop Foys invites all parishioners, priests and religious from across the Diocese of Covington to attend Catholics @ The Capitol, a regional meeting with our State Representatives and Senators on Saturday, February 9, 2019, from 9:30 a.m. to 12:00 noon at the Diocese of Covington Curia, Howard Hall, 1125 Madison Ave., Covington, KY 41011. The purpose of this meeting is to be a Catholic witness and voice in the lawmaking process by learning about upcoming issues that may be voted on in 2019. This meeting will be led by Jason Hall and Andy Vandiver, the Executive Staff from the Catholic Conference of Kentucky, which is the official public policy voice of the four Catholic dioceses in Kentucky. The day will focus on certain pending Kentucky legislation such as Pro-life Issues—Death Penalty Abolition & Pregnant Workers Rights Act; Educational Choice—Scholarship Tax Credits; and Criminal Justice Reform. Continental breakfast available starting at 9:00 a.m. Program starts promptly at 9:30 a.m. To register please visit www.covingtoncharities.org or contact Vicky Bauerle, Catholic Charities at 859-581-8974 x116 or vbauerle@covingtoncharities.org by February 5, 2019. The event is Free.

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 Catholic Charities staff member on the show talking 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

Thank You for Supporting Catholic Charities WHILE YOU SHOP at Kroger!

Catholic Charities received over \$2,000 from Kroger in 2018 because you used your plus card. If you have not designated Catholic Charities, all you have to do is Enroll your Kroger Plus Card online to help Catholic Charities.

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The Gift of Peace of Mind

By Karen Horgan Kuhlman

Most of us are familiar with a few definitions for the word “trauma”. In its simplest form, we take it to mean a physical injury or emotional event. We may cavalierly refer to an inconvenient or annoying incident as a “traumatic experience”. The counselors at Catholic Charities in the Diocese of Covington know that for some clients who come seeking help, real trauma is much more than an annoyance or inconvenience.

Diane Mushaben is a Licensed Professional Clinical Counselor with Catholic Charities whose credentials include Master’s degrees in Pastoral Ministry and Pastoral Counseling. They fit perfectly with Catholic Charities’ emphasis on services that unite the best-evidence practices of her profession with the wisdom and values of the Catholic faith.

Mushaben says that trauma, whether the result of a single incident or long-term abuse, can have far reaching effects on one’s life. Some suffer emotional pain or wounding that leaves them feeling deep shame, unable to build a healthy relationship with family or hold a job.

Clients may have suffered experiences so terrifying that they have lost the ability to eat or relax. Reliving past events makes breathing difficult, causes the heart to race and blood pressure rise in the here and now. Mental images of the past replay constantly and leave one fearful of the nightmares that come with sleep. Those relentless flashbacks cause some to resort to drugs in an attempt to escape those endless nightmares

The time honored treatment for trauma, talk therapy, provided an opportunity for clients to process the memories of trauma. Strategies aimed at relieving pain without re-traumatizing the client were helpful, but seemed incomplete. Advances in medical research have given us a better understanding of what actually happens in the brain when faced with a terrifying, life threatening situation. Out of that research was born an effective treatment that addresses the physiological response that results from trauma: Eye Movement Desensitization and Reprocessing, or EMDR.

In the process involved in EMDR, the therapist encourages the client to think about their traumatic experiences, while at the same time, techniques are used to help both hemispheres of their brain remain actively involved in the processing of the memory. The goal is to use EMDR until the distress associated with the memory completely disappears, enabling clients to realize how the trauma has been holding them back and revise their understanding of the event, themselves and others.





Mushaben's first experience with EMDR resulted from a counseling session with Susan, a client she had previously worked with in brief therapy to help her adjust to some significant life changes. Susan was now barely recognizable; she had gone from being a strong, confident woman to one who trembled from head to toe and could barely talk. Susan had been abducted by a man who had been stalking her. She was held bound for two days in an abandoned house, severely beaten, raped repeatedly and threatened with death by her captor. Now several days after her release, her heart was racing, and she couldn't sleep – even with medications. She was completely debilitated.

Using every technique she had ever learned, Mushaben counseled Susan several times a week for three weeks, but Susan was only the faintest bit better. Mushaben, recalling, an EMDR seminar she had attended in graduate school, referred Susan to a psychologist who had received extensive training in the therapy. She was amazed when after a single session, Susan was completely calm. Like so many clients when asked, Susan said "It's hard to explain. It's just different. I'm just not distressed anymore."

Mushaben has helped clients like Julie, who kept the rape she suffered as a college student to herself for more than 20 years. Following the use of EMDR, Julie felt almost immediate relief after years of distress, and reported the very next morning "I haven't slept this good in 22 years."

Mushaben says that EMDR is not the cure for everything, but is a valuable tool in the healing offered at Catholic Charities. She loves that she can offer to pray with her clients and see the incredible healing that results when she and her clients directly invite God into the therapy process. There are others who are cooperating with God's grace in this healing process as well. Those who generously donate to Catholic Charities are a profound blessing to both its clients and its staff.

Diane Mushaben says: "Their generosity allows us to serve God's people, to offer God's healing to all those who come to us. I'm especially grateful that, now, we can offer this specialized treatment to those who may not have the resources to find it elsewhere."

For more information about Catholic Charities Mental Health Counseling Program call Client Care at (859) 581-8974 or www.covingtoncharities.org.



News and Events continued

Friends & Family of the Incarcerated *Free Support Group*

3rd Tuesday of the month

6:30–8:00 p.m.

Catholic Charities

3629 Church Street, Latonia

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, February 2

Saturday, March 2

Saturday, April 6

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.

REGISTRATION REQUIRED: (859) 581-8974.

A Christmas Blessing

Year after year, Catholic Charities has been able to provide our clients with the gift of Christmas. But, we cannot do this alone. This year, with the full support of donors, we were able to provide the gift of Christmas to 82 adults and 133 children! People generously donated gift cards, toys, clothing, housewares, games, and other items that these families so desperately need. Many of the items on the lists are things that so many of us take for granted. Bed sheets, towels, socks, shoes, bus passes, gift cards for gas and groceries, are among the most popular requests. 36 families were willing to “adopt” a family and we had numerous others that, while they may no longer be able to shop and wrap the gifts, they donated money so that we are able to help the last minute requests of families that need our help.

The Parishes Blessed Sacrament in Fort Mitchell, St. Catherine of Siena in Fort Thomas, and St. Anthony of Padua in Cincinnati included Catholic Charities on their “giving trees”. In addition to the items listed previously, we also received many



toys, household items, cleaning products, and personal hygiene items that completed many gift baskets. The Sisters of Divine Providence located in Melbourne, Kentucky, share with us the toys that are donated to them from Hasbro toys. This is such a kind, and generous donation that brings so much delight to so many children Christmas morning. Our friends at Catholic Health Initiatives also helped our residents at St. Joseph Apartments again this year with clothing, toys, and other gifts. We are so grateful for their continued support! Thanksgiving and Christmas dinners were also provided by donors this year, so that these families could have a traditional meal with their loved ones. There is nothing that brings out the true love, generosity, and heart of Jesus like the Holiday Season.

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.

New Jail Ministry Coordinator

By David Cooley, Messenger Associate Editor

Dave Capella came to Catholic Charities in September 2018 as the new Jail Ministry Coordinator. The Jail Ministry Program serves three local jails, Boone County Jail, Kenton County Detention Center and Campbell County Detention Center. Dave Capella said, "I have already had the opportunity to visit all the local jails and every time I go in, I'm amazed with the feeling I have when I walk out."

While Mr. Capella said that he is astonished by what he gets out of the visits with the inmates, he has found that, for the inmates themselves, it is important and meaningful just to have people come visit with them.

The Jail Ministry Program at Catholic Charities strives to meet the spiritual needs of all who are impacted by the criminal justice process. They send volunteer ministers to work with people who are incarcerated or about to be released from jail or prison. The inmates voluntarily come out and meet with the ministers in the general population area of the correctional facility.

As the Jail Ministry coordinator, Mr. Capella's primary focus is recruiting volunteers, training them and working with the jails

to identify programs that are needed and placing volunteers into existing programs.

"In recruiting the volunteers I want to give them the tools they need to meet with the inmates and share their faith," he said. "The other thing is looking at special programs at the jails and seeing where our volunteers can help fill some needs. For example, we have some volunteers teaching GED classes and parenting classes as well."

Mr. Capella said that a jail ministry volunteer "just has to be someone who is willing to come in and be present to the inmates. You don't have to be a Biblical scholar or anything like that. We are not trying to convert people. If you look at the Gospel according to Matthew, Jesus doesn't say that you came to prison and converted me; he just says you visited me. While, yes, the spiritual aspect of jail ministry is important, the biggest part of it, I think, is that someone simply shows up and visits with the inmates."

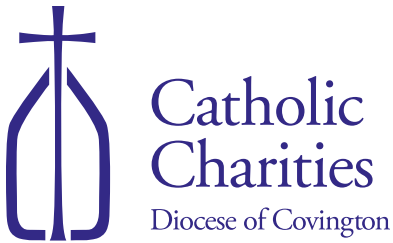
If you are interested in serving in the Jail Ministry Program as a volunteer, contact Dave Capella, (859) 581-8974, ext. 117 or dcapella@covingtoncharities.org.



Continued from Page 1

neighbor, living out their Catholic faith by helping those who are in need."

It is our pleasure to share that we have received a dollar-for-dollar challenge match on all new and increased donations up to \$15,000 from The Butler Foundation. The Butler Foundation is synonymous with helping people reach their full potential, and being the face of Christ to those less fortunate. Please consider a generous donation to Catholic Charities that will leverage these matching funds and double the impact on those in need. Use the enclosed Annual Appeal envelope or donate online at www.CovingtonCharities.org. If you have already donated to the annual appeal we are truly grateful. If you have more questions about Catholic Charities contact Charlotte Boemker at (859) 581-8974, ext 121 or cboemker@covingtoncharities.org.



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Serving the community for over 87 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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