



## Employed Self-Sufficient Successful

What happens when you reach out, are open to guidance, and ready to achieve success?

Dan can tell you as this is what he has accomplished with the services of Catholic Charities. Dan walked through our doors of hope for budgeting and housing counseling. After meeting with Patti Anderson, our Housing Supervisor, they worked together to build a plan. A plan for success!

Patti counseled Dan and developed a manageable strategy. First, she introduced him to a credit consolidation program. Then began the hunt for employment where he successfully interviewed and secured a job. He continued to meet with Patti to ensure he was achieving his goals and moving in the right direction. After 14 months Dan is now debt free, has been able to maintain housing, and loves his job!

Dan says he cannot believe he is debt free for the first time in eight years! He is confident, proud, and happy with his accomplishments. We are so blessed to be able to invest in people so they can realize their potential and attain their dreams.



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# A Letter from the Executive Director



*Resurrection and Renewal*

*"Behold, I am making all things new." (Rev. 21:5)*

This spring, more than any in my memory, feels promising and hopeful. For one thing, the CDC guidelines offer encouragement and hope by virtue of the corona virus vaccine rollout, resulting in lessened restrictions and more relaxed protocols. At the same time, it follows that during the Easter season we would renew our faith, increase our hope and live in charity as we celebrate the Resurrection all the way to Pentecost. So at Catholic Charities, this is also a time for renewing our ministries.

Our mission at Catholic Charities specifically calls us to promote healing, restore hope and affirm human potential, especially by serving the lost, forgotten, marginalized and poor. This spring, after many months of limitations and restrictions, we are seizing the opportunity to renew our outreach in many of our programs. In some cases, we have had to be creative to find new ways to serve; in other cases, we have seen some return to normalcy; but in all cases we continue to be committed to serve.

In this issue of our *Partners* newsletter, we highlight some of the programs that have been impacted and how we continue to serve. In our clinical counseling programs, we have seen an ebb and flow in the way the stress of the pandemic has affected families, so we continue to offer support and healing for all kinds of stress, including that caused by the pandemic. In our housing counseling program, we share a success story that took advantage of resources that were developed in light of the pandemic. In our jail ministry, we maintained connection to the detention centers by witnessing to the corrections officers while not being permitted to minister to inmates. We also look forward to some of the upcoming events and opportunities that lead us back to some level of normalcy – our new normal.

We are able to find new ways to serve because we have been called to serve, and we are here for the long-haul, to be the hands and feet of Christ in all circumstances. As you read these stories, my hope is that you will see how your efforts and prayers continue to encourage us and support our ministry. We couldn't do it without you.

Thank you for sharing this journey with us, and for all the ways you have been there with us to be 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



### Annual Golf Classic

Saturday July 10, 2021  
Twin Oaks Golf and Plantation Club  
Shotgun Start – 8:00 A.M. Cost - \$95.00 per Golfer  
Benefits the clients of Catholic Charities  
For Golf Classic Information call or email:  
Dennis Elix 859-240-6350/Dennis Elix@yahoo.com  
Bill Kopp 513-262-8102/billkopp6@gmail.com  
Carl Biery 859-781-5054/cbiery@fuse.net



### Save the Date: August 29, 2021

See the enclosed flyer about purchasing your Cassba Cash Tickets!



### 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](http://www.covingtoncharities.org/news-events)

# Ownership of Our Lives

By: Karen Horgan Kuhlman

Life's challenges come in many forms, from the day-to-day to the once-in-a-lifetime. Still, the Coronavirus pandemic has added a degree of difficulty to life that most of us have never experienced. When we need a helping hand, we often turn to family and friends for an assist. It is then that we realize how very much we need the company of others; we are grateful for our ability to connect with those who help see us through our crises, large or small. Over the past year, we have lost the freedom to move about, go to work or school, to the grocery, weddings, or funerals. We suffer isolation from our families and friends. Uncertainty has been the hallmark of our days, accompanied by a sense of loss and longing for the lives we once led.

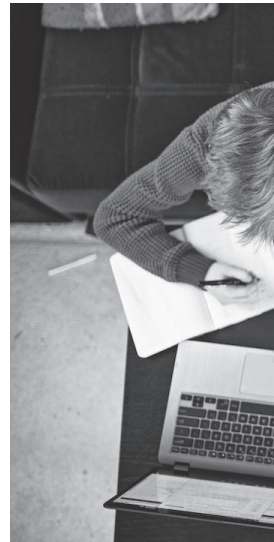
Cyndi Dennemann is a Clinical and School Counselor with Catholic Charities, who works with children in Catholic schools, families, married couples, and individuals. She says the long-term stress caused by the extended isolation resulting from the pandemic has created anxiety issues for adults and children. So much seems out of our control, adding to the anxiety many were already feeling. Statistics show that one in four people face diagnosable problems of anxiety or depression in their lifetime.

During this pandemic, as always, working parents try to balance their children's needs with their jobs' demands. Parents and teachers alike worry about the dangers of the virus and worry about the quality of education students receive. When learning moved from in-person to virtual, parents scrambled for childcare solutions. Some made difficult decisions and career changes. They have had to learn multiple online learning platforms, attempt to monitor and motivate their students to learn in different ways, sometimes trying to manage their own careers at the same time. Even as things are improving, parents continue to cope with the fallout of the challenges, quarantines, missed events, and other struggles of the past year.

Dennemann has seen an ebb and flow in the way the stress of the pandemic has affected families. Initially, adults seemed to be hit the hardest emotionally; that has trickled down to the children. Parental stress impacted children and then began to wear on them as they started to miss out on all of the activities and rites of passage that they had been happily anticipating. When long term stress begins to negatively impact daily life and relationships, it can help to seek an experienced, mental health professional like a counselor.

Parents may sense something is going on with a child that should be explored. Perhaps a good student begins producing sloppy work or is not turning in assignments; maybe stomach aches, a bad mood, or lashing out are becoming commonplace. For some kids who already had learning challenges, troubles with anxiety or mood swings, the pandemic's fallout has exacerbated problems. It has led them to feel a lack of control. Counseling can help them take ownership of their own lives. School counselors help children develop coping skills that may include taking a break, playing a game, or listening to music. Perhaps creating a drawing helps children illustrate, label, understand and express their feelings. Sometimes, having the right vocabulary allows a child to verbalize their troubles and gain support. "I feel worried, I feel frustrated, and here's why."

And it is not just the pandemic that is causing so much stress. Many are experiencing disorientation and feel that things are piling on. Some fear that things are not going in a direction that makes sense. The world is such a confusing place, and despite the availability of social media, we seem to have lost our ability to talk with one another in kind and meaningful



*Continued on page 6*



*Cyndi Dennemann offers a few suggestions for those who have mild problems that do not interfere with daily life. Here are five tips for those times when we feel just a bit stuck and need to shift to a healthier state of mind:*

**Just breathe and notice what is happening inside.** Having self-awareness about emotions will help you choose wiser actions.

**Notice your thinking patterns.** Ask yourself if thinking this way is helpful. If not, then “change the channel” from thinking to acting. Identify one step you can take toward solving the problem or improving the situation. If it is out of your control completely, then let it go and “give it to “God”.

**Engage in hobbies you love.** If you do not have one, consider taking up a new hobby. Challenge yourself to learn to recognize 10 kinds of butterflies, for example.

**Delight your 5 senses.** Seek out opportunities to feast your eyes on works of art or the wonders of nature by visiting a museum or taking a hike. Listen to music, buy a bouquet of flowers, treat yourself to a massage, make a wonderful meal, etc.

**Remember that a little distraction from troubled thoughts or unpleasant emotions is fine,** but if you are “numbing out” with alcohol, too much TV or social media, or other addictive behaviors, it can become a problem. Be honest with yourself. If you are engaging in numbing behaviors frequently, create some healthier limits in your life. Spending 3 or more hours per day on social media is strongly correlated with higher rates of depression and anxiety disorders. If scrolling social media is a compulsive habit for you, consider taking a break!

## 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](mailto: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, June 5**

**Saturday, July 10**

**Saturday, August 7**

**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.

## *Continued from page 4*

ways. Dennemann says that people benefit from feeling understood and seen in their struggles. Counseling provides this, and it can help equip people with tools and strategies for understanding, processing, and communicating better with family and friends. Being able to have conversations with others and to truly listen before we respond is really important. The key to that goal lies in a willingness to be flexible, to acknowledge those times when we are too rigid in our point of view. Perhaps that allows us to shift our perspective and take ourselves, and our point of view, a bit less seriously.

Since 1948, the counselors of Catholic Charities, Diocese of Covington have been smoothing out the bumps in the road in our time of need. They continue to do so today, and you can learn more about Catholic Charities Counseling Services at (859) 581-8974.



# Jail Ministry and Food Pantry

## The Art of Letter Writing

*By Dave Capella, Jail Ministry Coordinator*

The lost art of letter writing has been revived by our Jail Ministry volunteers over the past 13 months. Once we were no longer allowed to visit the three Northern Kentucky Detention Centers, several of the volunteers stepped up and started writing letters to the women and men incarcerated there. The letters are well received by people who may have been forgotten by friends and abandoned by family. While this is not the same as seeing the face of someone who cares, it is meaningful for their families and for the people who are incarcerated. A note from a girlfriend to one of our letter writers simply stated “thank you for all you do for him. It is much appreciated”. An inmate recently wrote back and said “just wanted to thank you for your letters. They have gotten me through a lot”. The correspondence has continued as some people are transferred from a detention center to a prison or another detention center in the State. While we look forward to reading scripture, praying, talking, and listening to people face-to-face in the detention centers in the near future, we continue to write letters to let them know they are not forgotten and that they are part of the body of Christ.

## Mobile Food Pantry “Food for Friends” Continues to Grow!

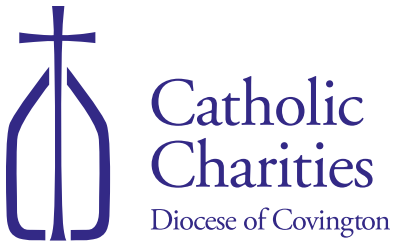
*By John Hehman, Mobile Food Pantry Coordinator*

Our two existing “Food for Friends” locations have been consistently serving between 80-90 households at each monthly mobile food pantry in both Bracken and Grant County. I have also met with Fr. Michael Barth. Father Barth is the pastor St. Joseph Church in Warsaw which is located in Gallatin County. The church is very excited to have a pantry open at their church hopefully in early Summer.

St. Edwards Mission in Owenton which is Owen County, is also very interested in joining “Food for Friends”. There is still some work to do, but we hope to be up and running there in late summer.

We are proud of the way that the pantries have continued to expand. We know it could not be done without the assistance and support of the volunteers and staff who show dedication not only to the pantries and those who are served, but also to the parishes in which they are proud members.





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**Serving the community for 90 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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*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.*