



CATHOLIC CHARITIES

In Action

Providing Help.
Creating Hope.

A NEWSLETTER OF CATHOLIC CHARITIES, DIOCESE OF MADISON

FALL 2011

Letters and Friendship

Linda knew the value of letters and friendship. Until her passing last year, she was a client of the Catholic Charities Support Broker Program for over six years. During that time, Linda showed others the importance of keeping in touch with friends and family. With her support staff's help, she stayed in touch with a dear friend by writing letters. Realizing how this relationship enriched Linda's life, Catholic Charities Support Broker Team sought a way to honor Linda by allowing others with developmental disabilities to benefit from the same experience.

The Support Broker Program Pen Pal Project was created to allow clients the opportunity to form relationships with others through letter writing. Volunteer pen pals are comprised of persons from the Catholic Charities Respite Care Team Ministry Program and Elder Mentor Programs, Catholic Charities employees and other community members. Currently there are 23 partnered pen pals—that's 23 new friendships through letter writing—46 individuals who are benefitting through social interaction and positive ongoing relationships.

Pen pals had the opportunity to meet each other in a fun, interactive and supportive environment at a recent event held on November 15 at St. Thomas Aquinas Church. Seventeen of the 23 sets of pen pals attended the "Meet & Greet." A dinner was served by the Support Brokers, coffee donated by Ancora, cards and pens were given out, and photos were taken of each pen pal couple. Tom Nelson, volunteer, emceed the event and talked about his positive experience as a pen pal for Bob. Tom encouraged everyone to continue writing to each other!

We believe Linda would have been excited to be our first pen pal participant and we are happy to offer this new project as a tribute to her.

Catholic Charities Support Broker Program Pen Pal Project was developed through a Choices Mini Grant offered by Dane County Human Services in memory of Linda. The Support Broker Program provides case management services for 170 individuals with developmental disabilities (mental retardation, autism, epilepsy, cerebral palsy, or traumatic brain injury) to achieve personal goals in order to improve or maintain their quality of life in their home and their community.



Chris (client, left) "Having a pen pal has been great because I like meeting new people and Jean is great! It's so nice to get mail that's GOOD mail, you know, and not junk." Jean (volunteer) "This meet and greet event has been so nice. It's been fun to learn more about Chris."



Mary (client, left) & Donna (volunteer) agreed, "This has been a nice event because it really helped to meet our pen pals. Now we have a plan to start writing each other, which will be fun!"



Bob (client, left) "It's been good! We talk tractors and it's fun to get together. I like it a lot." Tom (volunteer) "It's great that we met through the Pen Pal Project—we've even been getting together for lunch. It is great getting mail from a friend—that happens not often enough these days."

National Catholic Charities Helps Local Food Pantry

Catholic Charities, Madison, was granted \$13,170 from Catholic Charities USA through the Walmart Foundation to purchase a walk-in freezer for the Iowa County Pantry.

“This is wonderful news. It could not have happened at a better time. I am so maxed in all of my freezers that I am borrowing space in Blue Mounds (a neighboring community) at the locker plant there,” said Michelle Friedrich, Special Service Coordinator from Southwestern Wisconsin CAP which operates the Iowa County Pantry.

Catholic Charities selected the Iowa County Pantry for this project because they are able to accept and use leftover frozen and other food from the Parish Mobile Pantry at Saints Anthony and Philip Parish in Highland. Large amounts of food are distributed at the monthly mobile pantries in Highland and at times there is more food than can be distributed, which is why the connection with the Iowa County Pantry is so important. “Without the support of the Iowa County Pantry, we would not have storage for frozen food that is left over from the mobile pantries,” said Brian Cain, President of Catholic Charities, Madison.

The Highland Parish Mobile Food Pantry provided over 56 tons of food to those in need in 2010. The pantry is staffed by volunteers and serves approximately 140 families each month. “We are grateful to Father Ken Frisch and his team of volunteers

for operating the Parish Mobile Pantry in Highland, which is so crucial to the mission of Catholic Charities, Madison,” said Cain, “We are trying to help individuals and families in our rural communities.”

The program began in 2005 as a collaborative effort between Catholic Charities of the Diocese of Madison and the Second Harvest Food Bank of Wisconsin and was made possible by the generous funding of the Jack DeLoss Taylor Charitable Trust. The Parish Mobile Food Pantry Program allows parish members to touch the lives of people in need—neighbor to neighbor.



On September 13, Kathy Stellrecht, VP Catholic Charities, Madison (far right), presents CCUSA Grant to Michelle Friedrich, Special Service Coordinator SW WI CAP (second from right). Others present for the Grant Award Ceremony include (from left): Rev. Kenneth J. Frisch, Pastor SS Anthony and Philip Parish; Dan Stein, President /CEO Second Harvest Foodbank of Southern WI; Sue Palm, Catholic Charities Mobile Food Pantry Coordinator; Connie Gard; Diane Mensch; and Kathy Stepanek (SS Anthony and Philip Parish Pantry Coordinators).

For more information on the Parish Mobile Food Pantry, please contact Sue Palm at the Catholic Charities Franklin Street office at (608) 256-2358 or email spalm@ccmadison.org. All parishes in the Diocese of Madison are invited to participate. Eleven parishes are currently being served. Learn more at: www.ccmadison.org.

“It is the mission of Catholic Charities to address the basic needs of families.”

Brian Cain, President of Catholic Charities, Madison

16th Annual Faith In Action Awards Dinner

(Excerpts from November 17, Catholic Herald, Written by Mary C. Uhler, for the Catholic Herald)

Record attendance again

Over 500 people attended the November 10 Awards Dinner, “This is the largest annual social gathering in the Diocese of Madison,” observed Msgr. Michael Burke, pastor, St. Maria Goretti Parish, Madison, and member of the CC Board of Directors. “It’s amazing to see the support for Catholic Charities when nonprofits are facing many challenges.”

Charity is alive and well

Bishop Robert C. Morlino, in his comments, thanked those attending “for the sacrifice of time to witness that charity is alive and well in the diocese.”

President’s Awards

Brian Cain, CC president for the past 23 years, said, “Tonight we have an opportunity to create an awareness of our programs, which help and create hope for those in need.”

- **Marcus**, a client in Catholic Charities’ Support Broker Program, which assists individuals with developmental disabilities, was involved in a motorcycle accident and suffered severe traumatic brain injury. He has made amazing strides, being able to communicate, and returning to work.
- **Kelly**, a client of Hope Haven-Rebos which helps persons with alcohol and other drug abuse issues, experienced difficulty achieving long-term sobriety, and spent years being homeless and unemployed. He has now been sober for over two years.
- **Tiffany**, a client with Community Connections, a day leisure program for adults with developmental disabilities, was born with disabilities and endured abuse and neglect. Since 2009, she has blossomed, interacts with people, and is building new skills.

Youth Faith in Action Awards

Catholic Charities established the Youth Faith in Action Award in 2010 to provide scholarships for deserving high school seniors. Jean Elvekrog, co-chair of the Awards Dinner Committee, said all parishes in the diocese were invited to nominate students.

- **Dylan Smith Cayo**, senior at Lake Mills High School and member of St. Francis Xavier Parish, Lake Mills.
- **Phillip J. Fonfara**, senior at Edgewood High School and member of Sacred Hearts of Jesus and Mary Parish, Sun Prairie.

Leadership Awards

Ruthann Grantham, co-chair of the Awards Dinner Committee, presented awards honoring leaders in the community.

- **Beth Bauer** is an active volunteer in religious education and youth activities at St. Ann Parish, Stoughton.
- **Wayne Esser** is a committed member of St. Francis Xavier Parish, Cross Plains, community volunteer and leader.

- **Fr. Dale Grubba** is the pastor of St. John the Baptist Parish (and school principal) in Princeton and St. James Parish in Neshkoro.
- **Dr. Richard J. Hendricks** is an involved member of St. Maria Goretti Parish, Madison, and also active in many leadership roles in the Madison community.



Leadership Awards: (from left) Brian Cain, Ruth Ann Grantham, Fr. Dale Grubba, Wayne Esser, Beth Bauer, Bishop Robert C. Morlino, Dr. Richard J. Hendricks.



Youth Faith In Action Awards: (from left) Brian Cain, Dylan Smith Cayo, Phillip J. Fonfara, Bishop Robert C. Morlino, Jean Elvekrog.



President’s Awards: (from left) Brian Cain, Tiffany, Marcus, Kelly.

Photos by: Michael Mowbray of Beautiful Portraits by Michael

Presenting Sponsors: American Family Insurance, All Saints Neighborhood, ElderSpan Management, Endres Manufacturing Company, SSM Health Care of Wisconsin, St. Clare Hospital, St. Mary’s Hospital, and St. Mary’s Janesville Hospital.

A Difficult Decision

Sarah* contacted Catholic Charities Adoption Program for pregnancy counseling when she was 37 weeks pregnant. After learning that she was pregnant with twins, she quickly came to the conclusion that she was not stable enough to give her babies the life she would love for them. Sarah was struggling with some previous negative choices she had made. Originally, she had planned to place the infants into temporary foster care while she got her life in order. However, after realizing that temporary foster care would not be a stable option, she decided that the twins be adopted by a “forever family.”



When Sarah initially contacted Catholic Charities her biggest concern was whether the agency would be able to find a home to adopt both babies. After reassuring her that Catholic Charities always keeps multiples together, she felt better about her decision to place the babies for adoption.

Within days, Sarah viewed profiles of adoptive families and met the chosen couple. Two days after meeting the couple, Sarah gave birth to healthy twin boys with the adoptive parents present. The babies were discharged into the home of the adoptive family three days later. Sarah’s decision was made legal just weeks after the birth.

Sarah continues to stay in touch with Catholic Charities as well as the adoptive family. The photos she receives of her babies with their adoptive parents bring her an enormous sense of peace that she made the right decision. In a letter written to Catholic Charities, Sarah wrote: “Thank you so much for helping me find the perfect parents for my babies. I am so blessed, so lucky that everything worked out the way it did.”

(*Names have been changed to maintain confidentiality.)

Catholic Charities Pregnancy Counseling is a free service to those dealing with a challenging or unplanned pregnancy and those needing education or support as they plan for the future. Counselors help with community resources, classes, support groups, exploring open adoption, choosing an adoptive family, understanding the legal process, guidance and emotional support, and post placement counseling. For more information, contact: Trish Grant at (608) 256-2358 or visit www.ccmadison.org.

Dementia Caregiving— A Rewarding Role

By Susan M. Rutter

Over the years as a professional caregiver to persons with Alzheimer’s and other dementia, I’ve found satisfaction in my work. I’ve witnessed and admired the dedication of family caregivers providing remarkable love and care to spouses, parents, and other family members with dementia.

Although I may know caregiving techniques, I don’t know the client initially. On the other hand, the family is blessed with knowing their loved one, but also carries the “baggage” of a personal relationship into the role of caregiver. Working together as a team, professional caregivers, volunteers, and family members can piece together a strong level of support for the person with dementia.

In my role as a professional care provider, I employ “person-centered care.” I learn as much as I can about the life, interests, and needs of the person with dementia from family members so I am able to build a relationship and become trusted by the individual who is facing uncertainty and anxiety. My voice and face become familiar and I provide a calming presence.

Reducing anxiety in the primary caregiver is also important. Family caregivers have a difficult time picking up the phone to engage assistance. They need time for themselves and often feel guilty leaving their spouse or parent. Building trust so that a caregiver can walk out the door for a few hours knowing their loved one is safe, not fearful or agitated, is part of the professional caregiver’s or a committed volunteer’s role.

We encourage family members to seek assistance sooner rather than later in the dementia journey. It becomes more difficult for persons with dementia to accept new faces and deal with change as dementia increases. Caregivers also become more reticent to pull themselves away as their family member becomes increasingly needy, even though they themselves need respite and relief from the caregiving.

As a staff member of Catholic Charities CompanionCare Program since its inception 12 years ago, I believe that individuals with dementia should be treated with dignity and retain as much of their individuality as long as possible.

Susan Rutter is the Alzheimer’s Specialist in the CompanionCare Program at Catholic Charities, Madison. Susan may be reached at (608) 833-4800 or srutter@ccmadison.org. To learn more about Catholic Charities Aging Programs, please visit www.ccmadison.org.

Fashion For the Fun of It

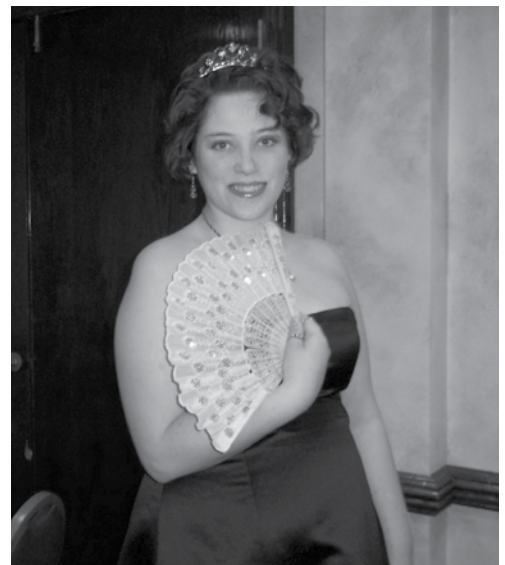
On Friday, September 9 at the 3rd Annual Fashion Show, twenty-two men and women showed off not only the latest fashions but showed that persons with disabilities are individually beautiful and capable.

The Rock County Recreation Program hosted program participants for a night of fashion, fun and friendship. The fashion show allows persons with developmental disabilities to act as runway models and encourages activities that promote the growth of self esteem in the models themselves. This event helps raise awareness of a disabled person's intrinsic dignity while allowing the models to take great pride in their abilities—not their disabilities.

The show was held at KANDU, Janesville, and open to the public. Local businesses donated door prizes and help with modeling including hairstyling and fashion accessories. Participants modeled sports, casual and formal wear. The evening kicked off with musical entertainment by local Tiara Purifoy, Top 20 American Idol contestant, and wrapped up with a celebration of cake for everyone.

This event was funded by Rock County Developmental Disabilities Board, ARC of Rock County, North Rock County United Way and Stateline United Way. Other Recreation Program activities throughout the year include holiday caroling, Zumba classes, evening social dances, talent shows, martial arts classes, bingo, bowling and more.

Catholic Charities Recreation Programs assist individuals with developmental disabilities in meeting their social, leisure, and recreational needs. Participants are given opportunities to increase their socialization, develop friendships, and stay active in the community. By participating in the program, individuals improve their social skills and independence in the community. Eligible individuals are those with developmental disabilities ages 16 and over and residents of Rock and Green County. For more information contact: Pat Poffenberger, Rock County Recreation Coordinator at (608) 752-4906 or Anna Anderson, Green County Recreation Coordinator at (608) 293-1079, or learn more at www.ccmadison.org.



Catholic Charities Programs

Services for Aging Persons

Caregiver Training
CompanionCare
CompanionCare—Alzheimer's
Elder Mentor
Respite Care Team Ministry

Services for Children

Adoption—Domestic and International
Birth to 3 Early Intervention Choices
FACE-Kids
FACE-Kids Connections

Infant Foster Care

Parish School Counselors
Post Adoption Resource Center
Pregnancy Counseling

Services for Individuals and Families

Affordable Housing
Family Resource Center - Beloit
Individual and Family Counseling
Parish Mobile Food Pantry
Rural Life Ministries

Services for Persons with Disabilities

Autism Specialist - Dane & Rock Counties
Community Connections
Community Living Program - Marquette County
Developmental Disability Counseling
Green and Rock County Recreational Programs
Support Broker Program
Supportive Living Program
Youth Living Alternatives

Alcohol and Drug Abuse Services

Services provided by Hope Haven-Rebos United, Inc.
DART/TAP
Hope Haven/Colvin Manor
Marquette County Chemical Dependency Service
North Bay Lodge/Rebos- Chris Farley House
Pathfinder

All Saints Neighborhood

A retirement community affiliated with Catholic Charities
Apartment homes
Assisted living and memory care
Duplex cottages and condominiums



Participating Agency

Support the work of our important programs by sending a tax-deductible contribution to Catholic Charities at P.O. Box 46550, Madison, WI 53744-6550, or by donating securely online at www.ccmadison.org. Thank you!

Positive Parenting

Catholic Charities is offering STAR Parenting Classes at the Beloit Family Resource Center. These classes are made possible by a grant from the Stateline Community Foundation's Community Needs Grant Program.

Classes are provided free-of-charge to Beloit area families. The eight-week program helps parents learn to respond to their children in a thoughtful manner rather than reacting emotionally. Parents learn anger management, positive reinforcement, age appropriate expectations, the importance of nurturing, and positive discipline strategies.

The Beloit Family Resource Center is located at 1221 Henry Avenue, Beloit. The next series of classes will begin in late January 2012. Please call Jody Reetz at (608) 313-9253 for more information.

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SAVE THE DATE—2012



- 16th Annual Golf Tournament—Monday, June 18**
Blackhawk Country Club, Madison
- 2nd Annual Aging Conference—Thursday, September 20**
Bishop O'Connor Center, Madison
- 17th Annual Awards Dinner—Thursday, November 8**
Marriott West, Middleton

