



CATHOLIC CHARITIES

In Action

Providing Help.
Creating Hope.

A NEWSLETTER OF CATHOLIC CHARITIES, DIOCESE OF MADISON

FALL 2010

Unique Halloween Party for Adults with Developmental Disabilities

Spoooky costumes, dancing, pizza, fun and friendship! Just another Halloween party? Far from it—this Halloween party is a very special event held for area adults who have developmental disabilities and traumatic brain injury.

Since 2003, Catholic Charities' Support Broker Program has been hosting a Halloween party for our clients. What started as a casual get together of only 40 people has grown to nearly 200. There is much laughter, talking, dancing and sheer joy at this party where persons with Developmental Disabilities can mix, mingle and dress up in the spirit of Halloween. It is a frightfully fun but friendly time.

The 7th annual event was held on October 21 at the Bishop O'Connor Pastoral Center for clients, their families, housemates and caregivers. It is a very popular social event for program participants, who look forward to planning their costume and to the opportunity to meet with friends they do not see regularly. It is an event that is fun for clients and staff, as well as a time for families to share a positive experience together.

The party is provided free to our clients and all attendees.

Catholic Charities Support Broker Program provides unique case management services to 170 adults in Dane County with Developmental Disabilities or Traumatic Brain Injury.



Katy Barnum (right), Catholic Charities Support Broker, shares a moment with David, a client.

Helping Families, Teachers and Professionals Understand Autism

Autism is a very misunderstood disorder. Here are some facts:

- 1 in 110 kids has an Autism Spectrum Disorder
- Autism Spectrum Disorders are 4 times more likely in boys than girls (approximately 1 in 70 boys)
- 1–1.5 million Americans are living with an Autism Spectrum Disorder
- Autism is the fastest growing developmental disability

Catholic Charities held seminars on October 28 and 29 in Madison and Janesville to offer families, vocational and residential staff, school staff and other professionals ways to think about autism and do their own problem solving. Discussions were held on how to accommodate autistic individuals, both children and adults, in the course of daily life. Quality of life, sensory and movement, and self-expression issues were discussed.

Keynote speaker, Sally Young, Ph.D., an independent consultant with a master's in Clinical Psychology and a Ph.D. in Special Education, lead the two-hour seminar. Afternoon sessions offered sensory therapies such as music, yoga, horseback riding and touch therapy. Over 125 attendees participated in the conference.

For more information: Contact Katy Barnum, Catholic Charities Autism Specialist for Dane County, 608-821-3119 or Jessica Quam, Catholic Charities Autism Specialist for Rock County, 608-752-4993.

Reaching Out to Persons with Developmental Disabilities

Community Connections Provides Meaningful Activity

Community Connections exists for the purpose of providing adults with developmental disabilities the opportunity for daily meaningful activity. Community Connections staff are committed to providing the participants with quality care in a respectful and safe environment. Knowledge and compassion are combined to provide individualized supervision to attendees.

Individuals with a developmental disability (mental retardation, autism, epilepsy, cerebral palsy, brain injury) are eligible. Service is available to residents of Rock County and as determined eligible by the Rock County Developmental Disabilities Board. Programming is offered in a safe, well-supervised environment, from 8:00 a.m. to 3:00 p.m., Monday through Friday.

For more information: Contact Stacie Ashby, Program Director, 608-758-8180.



Rec Programs Help Meet Social and Leisure Goals

The goal for the Rock and Green County Recreation Programs is to 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.

Individuals with developmental disabilities ages 16 and over are eligible. Service is available to Rock and Green County residents. Both large and small group activities are offered and clients provide input on activities. Recent activities include: bingo, making holiday treats, martial arts class, board games, Zumba class, evening dance, talent show, fashion show, Christmas caroling, bowling, and karaoke. Activities are free or for a small fee.

For more information: Contact Pat Poffenberger, Rock County Recreation Coordinator, 608-752-4906 or Anna Anderson, Green County Recreation Coordinator, 608-293-1079.



A Night to Celebrate—the Annual Awards Dinner

Catholic Charities held its 15th Annual Awards Dinner November 9, at the Madison Marriott West. A record number of 460 people attended. The dinner celebrates how people involved with Catholic Charities and others in the community put their “faith into action.”

The event is also a fund-raiser. Proceeds from the 2010 event support CC programs for families and aging persons. In addition, the event creates an awareness of the many programs and services available to those in need in the Diocese of Madison.

Msgr. Michael L. Burke, pastor St. Maria Goretti Madison and CC Board Member, welcomed everyone and introduced Bishop Robert C. Morlino. Bishop Morlino thanked those in attendance “for the wonderful support you offer all year long in giving of your time and treasure.” He offered words of encouragement to reach out in love to your neighbor.

Each year the event program begins with a presentation of President’s Awards by Brian Cain. The award celebrates clients and volunteers. This year’s recipients are: Ronnie Duell, client, Developmental Disability Counseling Program; Tari Raatz, client and volunteer, Infant Adoption Program and Post Adoption Resource Center; and Howard Steinmann, client, Respite Care Team Ministry.

Joe Tisserand, current chair of the CC Board, presented a Faith in Action Award to Alan “Cubby” Wolfe for 12 years of dedicated service on the CC Board and his commitment to the CC mission.

A new award was created this year to recognize outstanding youth. The Youth Faith in Action Award is a \$500 scholarship for high school seniors. Ruth Ann Grantham, event co-chair, presented scholarship awards to Anna Marie Grogan, Baraboo, and Isaiah Okey, Cassville.

The final set of awards were presented by Jean Elvekrog, event co-chair, to Catholic leaders in the community for consistently incorporating Catholic values in their leadership and affecting the lives of many. Leadership Award recipients are: Sr. Maggie Hopkins, Sr. Mary Ellen Lewis, Rita Macewicz, and Mary Williams.

Emcee, Jay Wilson, Channel 3000 Sports Director, wrapped up the evening with a free raffle drawing and thank you to all for attending.



Bishop Robert C. Morlino (left) with Award Recipients and presenters from left: Mary Williams, Alan “Cubby” Wolfe, Rita Macewicz, Brian Cain, Sr. Mary Ellen Lewis, Joe Tisserand, and Sr. Maggie Hopkins.



President’s Award Recipients pictured with Brian Cain are from left: Ronnie Duell, Tari Raatz, and Mick Steinmann, accepting the award for his father Howard Steinmann.



Youth Faith in Action Awards were presented by Ruth Ann Grantham, (on left) to Anna Marie Grogan and Isaiah Okey (center), with Brian Cain and Jean Elvekrog (right).

Photos by: Beautiful Portraits by Michael.

Thank You to our Presenting Sponsors



Reaching Out to Rural Communities

Stirring the Pot

A three-part community initiative celebrated and stimulated discussion about local foods in Green County. Sponsored by Catholic Charities Rural Life Office in partnership with Green Co. UW Extension and the WI Humanities Council, events were held in June, August and October in Monroe, Belleville and Brodhead respectively.

Stirring the Pot highlighted local food producers and their products, including creative ways to prepare healthy, nutritious and delicious local foods. Activities included free chef demonstrations, local food sampling, and education and dialogue centered on local food choices. It was a day of fun for the whole family.

The series was funded in part by a grant for the WI Humanities Council, with funds from the National Endowment for the Humanities. Partners included Green Clergy Network, Green Health Department, Green Healthy Communities Coalition, Blackhawk Technical College and the Monroe Farmers' Market.

Rural Life Day

A Rural Life Day was held on October 28, at St. Patrick's Catholic Church in Loreto, in Sauk County.

Sponsored by the Rural Life Office of Catholic Charities, the day began with a presentation on the "Issues of Rural Community and Rural Churches," by National Catholic Rural Life Conference Executive Director, Jim Ennis.

In an afternoon mass, Bishop Robert C. Morlino blessed the land, farm machinery and animals after the service. Following the mass was a Harvest Meal of food from local farmers hosted by the St. Patrick and the Reedsburg Cluster Parishes.

The event's goal was to celebrate rural life and support rural churches and farmers facing tough times.

For more information: Contact Tom Nelson, Catholic Charities Rural Life Coordinator, 608-821-3104.

All Saints Community Receives Raised Garden Beds

Dennis Harle, resident of All Saints Apartments, had a dream to make gardening available to all residents, since activities like gardening, and getting outside have therapeutic value. The garden beds are elevated so residents can participate whether in a wheelchair, using a walker, or just suffering from a bad back. All Saints resident, Bob McCann crafted the beautiful raised garden bed boxes. Donations from All Saints residents helped fund the project.



Brian Cain, president of Catholic Charities, cuts the ribbon on the new garden boxes at the dedication ceremony on June 2.

Photos courtesy of the *Catholic Herald*/Sue Klammer Barry.



The new raised garden beds at All Saints Retirement Community offer an opportunity for residents to get their hands in the dirt without hurting their knees or backs.

Reaching Out to Caregivers in the Community

Caring for Myself

With financial support from A Fund for Women, Catholic Charities is offering a new program, Caring for Myself, to African-American mothers who are caregivers of children with developmental disabilities.

Developed by Professor Sandy Magaña of the UW-Madison School of Social Work, the Caring for Myself program is offered to African-American primary caregivers of young and adult children with developmental disabilities specifically primary caregivers (mothers, grandmothers, aunts, etc.) of young and adult children who have developmental disabilities (epilepsy, autism, down-syndrome, cerebral palsy, spina bifida, etc.). The program is designed to reduce depression, increase self-care skills, exercise levels, and nutrition; and connect the caregivers to community resources. Caring for Myself is free to those who want to receive the service as clients or receive training to become a health advisor.

The Caring for Myself program begins in December 2010.

For more information: Contact Marian Slaughter, Project Coordinator Catholic Charities, 608-256-2358.

Jean Mueller - What I Do: Teaching caregivers how to take care of other people and themselves.*

Providing at-home care to an aging family member is an incredibly demanding, unpaid 24/7 job.

I train family caregivers with hands-on skills, such as how to minimize falls, proper lifting techniques, skin care, medication safety, toileting, dressing and effective communication with the health care team.

Because this is such a demanding job, one of the four sessions is dedicated to caregiver stress and I teach some simple self-care techniques that caregivers can incorporate into their day.

The caregiver training began in 2007 as a pilot program of the United Way of Dane County and became an ongoing program in 2008. There is no cost to attend the caregiver training. A study conducted by the UWDC in 2007 showed there were 42,000 family caregivers in Dane County. This number will continue to grow as the baby boomer generation ages, showing the increased need for a caregiver training program.

I graduated from the St. Mary's School of Nursing and worked as a registered nurse at St. Mary's in the adolescent surgical medical unit and for the Visiting Nurse Service before being hired by Catholic Charities as the elder mentor for volunteer programs. I added the caregiver training to my responsibilities in 2007. My more than 30 years of caregiving experience, both professionally and personally, is a natural fit for this program. I was a caregiver along with my siblings for my mother during the last three years of her life.

I'm motivated to make life easier for caregivers by showing them how to do various tasks in a simplified manner. If caregivers are expending more energy on tasks than they need to, they risk burning themselves out. Attending the training is respite for caregivers and allows them to have some time away from their caregiving responsibilities.

Part of my job includes ensuring the caregivers that it's OK to attend the training and to be away from home. They are with others in the class who are walking the same path and can share their experiences and frustrations with the group. Caregivers experience guilt, anger, disappointment, joy and many other emotions and they can release their emotions during class.

Attendees can contact me after the training for help with their specific caregiving issues. I've conducted home visits to help resolve concerns and suggest ways of easing the caregiver's burden.

*Written by Jill Carlson, for the *Wisconsin State Journal* 7/19/2010. Reprinted with permission.

For more information: Contact Jean Mueller, Catholic Charities Aging Services, 608-833-4800.

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
FACE-Kids
FACE-Kids Connections

Infant Foster Care

Parish School Counselors
Post Adoption Resource Center
Pregnancy Counseling

Services for Individuals and Families

Adult Family Homes
Affordable Housing
Family Resource Center - Beloit
Individual and
Family Counseling
Parish Mobile Food Pantry
Project FACE

Services for Persons with Disabilities

Community Connections
Community Living Program -
Marquette County
Developmental Disability
Counseling
Green and Rock County
Recreational Programs
Support Broker Program
Supportive Living Program

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!

Kudos to Catholic Charities for COA

Catholic Charities is once again accredited by COA—the Council on Accreditation. Catholic Charities, in the Diocese of Madison, has achieved the highest standards of professional practice for 16 of our programs and is accredited through 2014.



COA partners with human service organizations worldwide to improve service by developing, applying, and promoting accreditation standards. It helps agencies receive recognition for their credibility, integrity and achievement of standards. COA is an international, independent, not-for-profit, child- and family-service behavioral healthcare accrediting organization. It was founded in 1977 by the Child Welfare League of America and Family Service America (now the Alliance for Children and Families).

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SAVE THE DATE CATHOLIC CHARITIES 2011 SPECIAL EVENT DATES

15th Annual Golf Tournament
Monday, June 20, at Blackhawk Country Club

16th Annual Awards Dinner
Thursday, November 10, at Madison Marriott West

