



CATHOLIC CHARITIES

In Action

Providing Help.
Creating Hope.

A NEWSLETTER OF CATHOLIC CHARITIES, DIOCESE OF MADISON

SPRING 2011

New Programs to Help Children

Youth Living Alternatives Program

It is often too difficult for a child with severe emotional issues or developmental disabilities to continue to live at home. Catholic Charities has stepped in to help children and families by creating the Youth Living Alternatives.

Youth Living Alternatives was developed in an effort to provide alternative foster care to children and adolescents (ages 10–17) with autism, severe emotional disturbances, or developmental disabilities so they can live in a supportive, structured, non-traditional family setting. The objective of the program is to provide individualized support that will assist in the development of daily living skills so the child can live in a home-like setting with an enhanced chance at a normal life and opportunities to participate in the community. This enables the child to live in the least restrictive settings, and to transition them into adult supportive living services or be prepared to live independently after the age of 18.

We assist each child with an individual evaluation of their needs; help them plan individual treatment; act as an advocate on their behalf; and assist in locating housing and activities in the community. *Participants are residents of Dane County.*

Choices: Middle School Alcohol Abuse Intervention

Studies have shown that early intervention in middle school age children greatly reduces the risk of harmful drinking in high school and later in life.

Catholic Charities is providing the Choices Program for area middle school students (grades 6th through 8th) at Cherokee (Madison) and Kromery (Middleton-Cross Plains). School staff help identify the students that have the need and the students' parents agree for them to participate. Choices will serve 25 families in the first semester of 2011.

The activities-based 10-week curriculum helps students by:

- Promoting abstinence from alcohol and providing information about the consequences of using alcohol and how alcohol affects the body
- Giving students an opportunity to identify benefits of being alcohol-free and developing personal reasons not to use alcohol
- Encouraging communication with parents and family
- Encouraging students to make healthy lifestyle decisions

The Program Coordinator visits each school weekly and meets with participating students for approximately one hour.

Activity examples include game shows; mocking up a "brain" to indicate positive brain growth versus negative;

knowledge about the brain and how it works; and how the brain is impacted by alcohol and drug abuse.

Parents are educated about the dangers for youth who use alcohol and how to communicate with youth on the topics of alcohol and promoting abstinence. This effort serves to increase the ability of parents and families to effectively intervene in their youth's alcohol use by providing them with needed information, skills, referrals, and personal support.

This program is funded by Dane County Department of Human Services.



Providing Rest and Relief for the Caregiver

A Story of Success by Jean Elvekrog, Member, Saint John the Baptist Parish

Until four years ago, Hal and Marge Joyce of Waunakee were active members of Saint Mary of the Lake Parish in Westport and led an active retirement life including traveling, gardening, volunteering, square dancing, and biking.

Their life made a complete turnaround as Marge's memory began to fail, and her condition progressively worsened. In 2009 she was diagnosed with dementia.



Pictured with Hal (center) are: Sue Hansen, Steve Hansen, Karen Miller, Lujean Braunger, and Della Rancourt, some members of the St. John's team.

Hal is Marge's full-time caregiver, in addition to maintaining their home. He realized he needed more support to continue his caregiving. In early 2010, he heard about the respite services provided by the newly formed Respite Care Team at Saint John's Parish in Waunakee. Hal contacted them immediately. Within a few days, visits with Marge were scheduled. Hal was afforded a few hours per week to meet friends, play volleyball, and share experiences at support group meetings and caregiver workshops.

Hal and Marge are very pleased with the response from Saint John's Respite Care Team. When team members arrive at his home, Hal informs them of changes in Marge's condition. "There's no need to do dishes, laundry, or clean. I can do that," he chuckles. "Just having them here is what really helps. They are so positive," marveled Hal. "They have gotten to know Marge well. They are always patient with her." When Hal returns, both he and Marge are refreshed and have enjoyed some socialization.

Hal is an extremely supportive husband and appreciates his role of caring for Marge. Yet, he is saddened by the fact that he "never had the opportunity to say good-bye" to his wife before the disease progressed. "I used to go to nursing homes to entertain residents who have dementia. Now I play piano concerts in the evenings to entertain my wife." When asked how he feels about the team, he said "I appreciate them coming and the respite."

In 2010, Respite Care Teams provided 334 individuals with 12,467 hours of respite. There are 23 Congregational Care Teams with nearly 400 volunteers in Madison and surrounding communities. There is no cost to the individuals and families served. Respite Care Team Ministry is a congregation sponsored ministry in collaboration with Catholic Charities and Oakwood Village. Catholic Charities Aging Services provides assistance with team formation and ongoing support, initial training and continuing education, and a link to community resources.

For more information, please contact Lynda Koivunen, Catholic Charities Assistant Director of Aging Services, at 608-833-4800.

Reflections on Respite

Msgr. James Gunn

Pastor, Saint John the Baptist Parish, Waunakee

"Do You Want to Be Well?"

Recently the Gospel of the day relayed the story of Jesus healing a man who had been ill for a very long time. Jesus asked the man, "Do you want to be well?" At first glance, the question is obvious, almost a silly question. Who doesn't want to be well? The man's response is striking. He answered, "Sir, I have no one..."

When we are sick, ill or with some form of disease, we all feel as if there is no one there to help. However, there really is someone to help. That someone is Jesus Christ. There is something so much deeper to Jesus and our relationship with him. He is there with us in our weakness, illness or disease. We are his followers.

When the opportunity to develop the Respite Care Team arose I was grateful, excited and hopeful. I knew that there were people in the parish who were looking for a way to share, help and be with others in need. I was not disappointed!

The Respite Care Team has been a blessing to our parish, our community and especially to the families in need. Their love, devotion, selfless and spontaneous response truly is the hands, feet and heart of Christ. What joy for those they serve and in their own faces and hearts. We all want to be well; physically, mentally, and spiritually. The outreach to others has been most gracious and kind.

Thank God, Catholic Charities and these wonderful women and men who share of themselves the goodness of Christ, his love and his healing touch. God has blessed our parish with this wonderful ministry.

Caring For Myself Receives Funding

The Caring For Myself Program, which serves African-American primary caregivers of children with developmental disabilities, is pleased to announce being awarded a grant by A Fund For Women.

A Fund For Women (AFFW) supports projects that have a commitment to making our community better through improving the lives of women and girls. In general, AFFW helps support nonprofit organizations to improve educational and employment opportunities for women and girls, and to enhance their self-esteem.

The Caring For Myself Program, which focuses on caregiver support and health, and ultimately extends the capacity of the caregiver to continue caring for their child at home, is delivered by volunteer health educators with home visits. The program supports the caregiver in reducing depression and increasing self-care skills, exercise levels, and general nutrition. Caring For Myself collaborates with and uses a model originally developed by Dr. Sandy Magaña of the Waisman Center.



Sandy Gebler, from A Fund For Women (middle), presents a grant to Javon AlYasiri, Director of Family Programs (left), and Marian Slaughter, Caring For Myself Project Coordinator (right).



SAVE THE DATE
16th Annual Catholic Charities
"Faith In Action" Awards Dinner
THURSDAY, NOVEMBER 10, 2011

Join Us for the 15th Annual Golf Tournament

Monday, June 20, 2011

**18 Holes of Golf, Cart, Lunch, Dinner and Prizes
Blackhawk Country Club, Madison**



One of the 36 teams of golfers from the 2010 event: (from left) Bob Birkhauser, Paul Timmons, Patty Schroedel, and Kevin Welton.

We invite participants to join us for a great day of golf, fun, friendship, food and prizes for the 15th Annual Catholic Charities Golf Tournament.

Each year 144 golfers help raise funds to support our children's programs: Adoption Services, Pregnancy Counseling, and Youth Services.

Please participate as a golfer, sponsor or donor of an item for the silent auction. For more information, please contact Jane McGowan, Event Manager, at 608-821-3103.

Golf Co-Chairs: Joe Tisserand, Jeff Tubbs, Joe Zwettler

TOURNAMENT SPONSORS:



Family Caregiving and the Workplace

Families are providing more care for loved ones at home. Hospital stays are shorter and medical care is being provided in living rooms throughout the country. We are a nation of caregivers.

Caregiving becomes particularly difficult when individuals must balance employment with their caregiving.

A survey conducted in 2009 by the National Alliance for Caregiving and AARP revealed that the work-family balance impacts individuals, families and the workplace. The findings include:

- 73 percent of family caregivers say that they are employed full- or part-time.
- Nationally, 62 percent of family/unpaid caregivers had to make a workplace accommodation in order to fulfill their caregiving duties.
- As many as 30 percent of all working caregivers leave their jobs as a result of caregiving responsibilities.
- Employers of family caregivers absorb \$34 billion in costs annually due to missed days at work, workday emergencies, or eldercare emergencies.

Many companies are beginning to understand that it's a smart move to provide workplace supports for those employees with caregiver responsibilities in order to reverse productivity loss and improve the bottom line. Employee assistance programs are including policies that provide greater flexibility, such as job-share, telecommuting and paid time off. Human resource offices are making available community resources, workshops and support groups.



Bill Hamilton, Director of Aging Services for Catholic Charities states “we are very fortunate to be able to help area caregivers with a variety of services.” Programs like CompanionCare, an in-home supportive service offering help with meals, transportation, personal care and companionship, are one way to address daily needs of caregivers. The program also has an Alzheimer’s Specialist so that care for someone in early to mid-stage dementia is offered. Catholic Charities can also help through the Caregiver Training program. This is a hands-on class for anyone who needs to learn the basics of providing care. Caregivers who learn techniques for providing hand-on care can spend less time and energy assisting their loved one.

They may also feel less work time stress about their caregiving when they know they are providing proper care. Mr. Hamilton goes on to state, “we work with families who are here in town and family members who are long distance caregivers. We are able to give them some peace of mind knowing that their family member has support and care to continue living at home. Family members can then focus more on their work and worry less about mom or dad.” Helping employed caregivers with innovative services and training will surely help both the employer and the employee.

For questions or information on the Catholic Charities Aging Programs, please contact Bill Hamilton at 608-833-4800 or refer to the Catholic Charities website: www.ccmadison.org.

In December 2010, The U.S. House of Representatives recognized the 100th anniversary of the historic founding of Catholic Charities USA. Catholic Charities works locally in communities throughout the United States to reduce poverty, support families, and fight for social justice. Catholic Charities, Madison, offers services in each of the 11 counties of the Diocese of Madison. Over 28 programs provide help and create hope to more than 60,000 individuals and families annually. Catholic Charities, Madison, is celebrating 65 years of service in 2011. The 65th Anniversary marks the start of our Adoption Services created to protect children and the dignity of life.

April Is Alcohol Awareness Month

The month of April is designated nationwide as Alcohol Awareness Month in an effort to increase public awareness of alcoholism, alcohol related issues and alcohol abuse.

Here are some recent findings and facts*:



Binge use = 5+ drinks on the same occasion on at least 1 day in the past 30 days.

Heavy use = 5+ drinks on the same occasion on 5 or more days in the past 30 days.

In 2009, nearly one quarter (23.7 percent) of persons participated in binge drinking.

In 2009, heavy drinking was reported by 6.8 percent of the population.

In 2009, the number of persons aged 12 or older needing treatment for an alcohol use problem was 19.3 million. Of these, 1.7 million received alcohol use treatment at a specialty facility. **17.6 million people needed but did not receive treatment.**

**Results from the 2009 National Survey on Drug Use & Health.*

Catholic Charities Is Here to Help!

Our services are designed for persons experiencing difficulty with alcohol and other drug abuse issues. Our recovery plans are customized for each individual.

Catholic Charities, Madison, manages Hope Haven-Rebos United, a private nonprofit offering comprehensive alcohol and drug treatment services addressing all issues related to recovery. Our residential treatment programs are certified by the State of Wisconsin and licensed by Wisconsin Department of Health Services. Learn more about Hope Haven treatment programs on the Catholic Charities website: www.ccmadison.org or contact our Program Referral Coordinator at 608-441-3240.

Helping Children Cope with Grief and Loss

FACE-Kids Therapist, Molly, began a grief and loss group at a Madison Elementary School in March. The participating children were asked to introduce the person they were “missing” by creating a sock puppet. While one child created his dad fishing, another child created a puppet representing her Dad as a carpenter with a piece of wood in one hand and a saw in the other. The children were then invited to sit under the table, poke their puppet above the table, and take turns introducing their person.

While safely tucked under the table, their voices were animated and strong. Through their puppet, the children shared stories and details about those they missed. One 4th grade girl in the group explained that her dad puppet was holding a ball in one hand. As she introduced her Dad she stated, “My Dad was a great ball player, but a not so great thing about my Dad was that he sold drugs and went to jail.” She continued, “My Dad has since died and we can’t play ball anymore.” I acknowledged how brave she was to remember the good and hard things about her dad and how important it is to remember “the whole” person.

Through the safety of their puppets, the children were able to remember, not only the wonderful things about their family, but also the things they did not miss—acknowledging the things they learned, loved and wanted to share with others.

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
Youth Living Alternatives

Services for Individuals and Families

Adult Family Homes
Affordable Housing
Caring for Myself
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



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!

New Board Members for 2011

Appointed by Bishop Robert Morlino to the Catholic Charities Board of Directors for a three-year term are:



Richard Brachman
Market Chairman,
Town Bank, Madison
Member, Our Lady Queen
of Peace, Madison



Janet Johnson
COO, QualiTemps and
VP Sales & Marketing,
QTI Group, Madison
Member, Holy Mother
of Consolation, Oregon



Barb Meriggioli
Community Volunteer
Catholic Charities Awards
Dinner Committee
Member, St. John's Parish,
Waunakee

"To be happy with God on earth presupposes certain things: to love the way He loves, to help the way He helps, to give the way He gives, to save the way He saves, to remain in His presence twenty-four hours a day, and to touch Him in the poor and those who suffer." – Mother Teresa

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