

Programs & Services

Emergency Assistance
With Food Pantries
in Hudson and Catskill

Application Assistance for Food
Benefits (SNAP) through the
Nutrition Outreach Education
Program

Women, Infants, Children (WIC)
Nutrition Education

Substance Abuse
Prevention Education in Schools
And Communities

Court Ordered
Supervised Visitation

Parent Education
& Mentoring

Healthy Families
Columbia

Diocesan Wide- In Our Counties
Senior and Caregiver Support
AIDS Services
Health Home Care Coordination
Disabilities Services
Disaster Relief

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Spring 2020

Keeping Service Going During COVID-19 In a very brief period of time, the way of service delivery changed dramatically. Essential services had to be flexible in how they were provided. More changes will be coming as the economy awakens like a spring flower; and our services will continue to adapt to remain accessible to our community and neighbors.

Healthy Families

Columbia continues to support our parents throughout Columbia County during these uncertain times. Since social distancing is not allowing the Family Support Specialists to visit families in their home, the program has begun virtual home visits to stay in contact. Many families are feeling isolated and the virtual visits allows them



to stay connected and feel supported. Staff workcontinued on page 2

Each month families receive an item to encourage literacy thanks to a grant from the Berkshire Taconic Community Foundation. During COVID-19, mini writing boards were shared with families.



Women, Infant, and Child Supplemental Nutrition Education Program

continues to serve participants through the COVID-19 pandemic, except remotely. The NYS WIC Program traditionally has completed appointments in person, where we screen for health and nutrition risks, and work one-on-one with participants to provide nutrition education and assist with goal setting. With the recent change to conducting the majority of appointments over the telephone, new challenges present to providing participant-centered nutrition services. Participant-centered nutrition counseling involves more than just listening to a person's continued on page 2



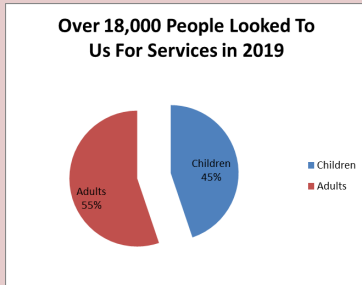
Food Pantries are a lifeline to many and our pantries in Catskill and Hudson are ready for you now more than ever. We have expanded our days of service to accommodate for scheduled appointments to provide safe space for all when picking up your pantry items. Call 518-943-1462 for Greene County and 518-828-8660 for Columbia County.

WIC Continued: verbal response to questions. It emphasizes the importance of reading non-verbal cues through observations of a person's eye contact and body language. Nutritionists' ability to create an inviting environment that encourages openness of communication also becomes inherently hindered. The WIC clinic has temporarily stopped measuring height and weight and screening blood iron levels in clinic until the social distancing mandate has resolved. This creates an additional challenge for proper screening and identification of nutrition and health risks. Despite these challenges, WIC staff continue to put their best foot forward in providing un-interrupted service and look forward to working face-to-face once again. Until then, the WIC team and their families remain grateful that the NYS WIC Program continues to run in a manner that keeps everyone safe and healthy.

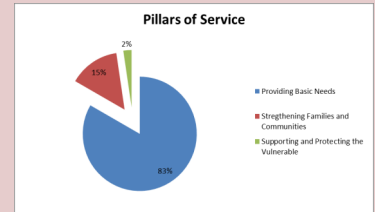
Healthy Families Columbia Continued: with each family to assess their current needs and find appropriate community resources. The staff have been very busy delivering diapers, clothing, pack n plays, and food packages to families. Families who struggle to fill out applications for assistance and housing are helped through the application process. Our services empower parents to help their child develop the social, emotional, and cognitive skills they need to succeed. Often times parents wonder when their child should walk or talk. Parents are provided curriculum on child development and milestones. Our families enjoy hearing and feeling a relief of knowing that their child is on track, and if they are not, they love to know what they can do to help their child get back on track with our support and support from resources in the community. The staff have been mailing, emailing and sending "photos" of curriculum so that they can continue to support each child's development. As the community resources have been changing during the pandemic, staff have been keeping abreast of these resources so that they can be provided to their families. The staff of Healthy Families Columbia continue to enroll new families and are looking forward to assisting more families during this unique time. Our originally scheduled Healthy Families America Accreditation site visit in March has been postponed for the time being as we continue to provide quality service.



2019 Pillars of Service... Catholic Charities of the Diocese of Albany provides a wide array of programs to meet the community needs within the fourteen county service area of which Catholic Charities of Columbia and Greene Counties serves two counties. These programs can be organized into Five Pillars of Service which highlight our mission in action:



- * Responding to those in Crisis
- * Providing Basic Needs
- * Supporting and Protecting the Vulnerable
- * Strengthening Families and the Community
- * Empowering Individuals



To help provide a snapshot of how our services align with our mission, programs have been assigned into one of three pillars (Providing Basic Needs, Supporting and Protecting the Vulnerable, and Strengthening Families and the Community) with the remaining two pillars (Empowering Individuals and Responding to those in Crisis) addressed by all services. Some services do overlap into more than one pillar but have been assigned to one pillar for this illustration.

Providing Basic Needs:

Emergency Assistance, Food Pantry, WIC, and SNAP Application Assistance

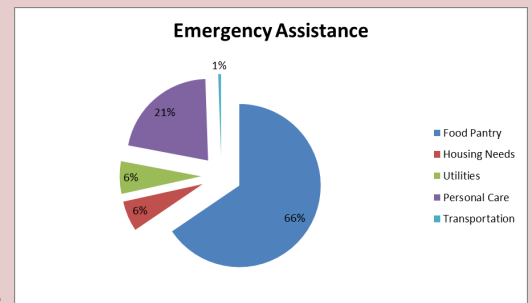
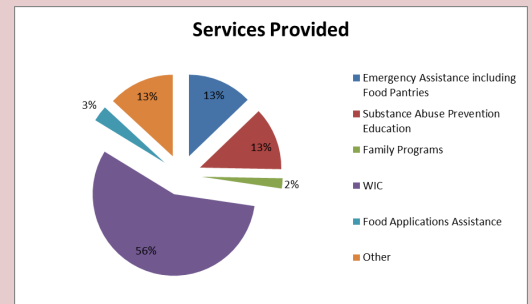
Supporting and Protecting the Vulnerable:

Healthy Families Columbia, Supervised Visitation and Parenting

Strengthening Families and the Community:

OASAS

Our programs vary in intensity ranging from working with families once or twice a week in Heathy Families to once a year with SNAP application assistance. Many individuals and families will engage in more than one program as we take a broad look at the families' needs once they enter our doors. Further support is offered with referrals to community partners.



Investing In Your Neighbors and Neighborhood... Donating to Catholic Charities is an investment in your local community as the funds are used to promote self sufficiency of individuals and families. 100% of your donation stays local while we provide direct services *regardless of race, creed/religion, or lifestyle* with special emphasis on the poor and most vulnerable.

Donations are fully tax-deductible to the extent allowable by law as we are a non-profit 501 (c) (3) organization. Any denomination of funds helps Catholic Charities to carry out our mission, THANK YOU. Checks and money orders may be mailed to: Catholic Charities of Columbia & Greene Counties, 431 East Allen Street, Hudson, NY, 12534



Credit card donations may be made at our website www.cathcharcg.org or on our Facebook page.



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Please share at info@cathcharcg.org if you prefer to receive the newsletter electronically.



Substance Abuse Prevention Education Program has developed creative ways in order to continue to provide education services throughout Columbia County during the NY PAUSE Requirements and the closure of schools where most of our work occurs. One way Prevention Coordinators Mary Minahan and Kelly West have transitioned from direct contact education is by recording informational videos for kids and parents. These messages are shared via the internet through links sent out by school districts. Videos include prevention education tips on how to stay safe and encourage parents and children to make healthy choices. Mary and Kelly use information from Evidence Based Program curriculums which are familiar to the children as they are the lessons they were using prior to school closing. Lessons build upon skills already taught about character development, making healthy choices and learning positive coping skills especially during this time of stress and uncertainty. For some schools, they preferred lesson packets that were sent home to children which they can complete individually and along with their parents. Packets include topical worksheets from curriculums as well as other ideas and activities they can continue that promote healthy behavior such as, fitness journals and jump ropes. Fitness journals and jump ropes were given to area students in partnership with the school via the lunch programs. Finally, a Prevention Education Newsletter has been written and will also be available to students and parents through a variety of online resources. The Newsletter highlights the Prevention Education Program services and focuses on three important steps every parent can take to decrease the risk of their child using drugs or alcohol. Changes in our Prevention Education services have been well received and schools have been happy to continue to collaborate with Catholic Charities of Columbia and Greene Counties on this important topic.

