

Program & Services

- * Emergency Assistance
- * Food Pantry
- * Women Children Infants (WIC)
- * Prevention Education
- * School and Community Service Project
- * Supervised Visitation
- * Parent Education
- * Parent Mentoring
- * Kinship Caregiving
- * Caregiver Support
- * AIDS Services

Board of Directors

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- * Jim Cashen- Vice President
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Executive Director

- * Theresa Lux

TWO PICNICS...ONE TRANSITION AND ONE AWARD

This year's Agency staff picnic was a success in many ways. The food was bountiful and delicious. The weather was *very* hot and summer-like. The company was relaxed, and the activities unique and exciting. Everyone seemed to have a wonderful time, especially the children! The picnic marked the end of an era, as Tom Gillespie,



Holly, Clara and Ruby from the WIC office enjoying the picnic

our retiring Executive Director, "passed the baton" to Theresa Lux, the Agency's new Executive Director. Tom will be greatly missed by many of us, for many reasons. He had been with Catholic Charities of Columbia and Greene Counties for over 28 years! The staff experienced a wide range of emotions - calm, excitement, anticipation, sadness, and joy – as we reminisced about the changes the Agency had seen in that time, and welcomed Theresa as our new Captain guiding the ship. We look

forward to calm and prosperous waters ahead!

At the Catholic Charities of the Diocese of Albany annual picnic, in September, we gathered among our peers to learn about other programs and enjoy good company. At the end of the day, Catholic Charities of Columbia and Greene Counties was awarded the Team Spirit Award. What a wonderful compliment to the staff!

Tom passing the baton to Theresa



VARIED RESOURCES FOR VARIED NEEDS

Is the "recession" over? Although financial experts are saying that the economy is slowly on the rebound, we are not yet feeling the relief here in rural upstate New York, and it has been a very busy season for all the initiatives within CCC-G's Emergency Assistance Program. Requests for emergency financial assistance continue to flood our offices, our School Supply Program filled our space with notebooks, pencils, and such, and our food pantry has been busier than ever!

We regularly exceed our monthly **Emergency Financial Assistance** allocation. The requests are individuals truly in need, and it is extremely difficult to turn people away after hearing their stories. Many find themselves having to make a "Sophie's Choice": do we spend what little we have to put food on our table, keep a roof over our heads, pay the electric bill, or pay for car insurance? Often, even day-to-day needs are beyond our callers' means, not to mention major expenses, such as car repairs or replacing failing refrigerators. Workers, no doubt, feel like we are just using bubble gum to plug the dam. To make matters worse, few community agencies have as-

sistance funds available. So often we hear that individuals have sought assistance from other non-profit organizations around, only to be turned away due to lack of funds/programs to provide them with support. We do our best with limited funds, but often Catholic Charities of Columbia and Greene Counties' financial assistance is just one rain drop of relief in a drought. **School Supply Program** - We filled over 200 backpacks for preschoolers to college bound students with the many requested school items. Thank you to the many businesses, parishes, and individuals in Columbia and Greene Counties that aided in collecting and donating supplies for our drive.

Food Pantry - For local families' "food insecurity" seems to be on the rise. In May we served 128 families in our food pantry; in June – 125, July – 165, and August – **199!** It's been a challenge, but we have been able to serve the steadily increasing numbers of individuals and families requesting food each and every week. On the bright side, since our food pantry storage area is located in the basement, the staff and volunteers who come to help on pantry days often get a terrific (*cont. page 3*)

MEASURING OUR WORK

Each year Catholic Charities of the Diocese of Albany publishes an annual report highlighting programs, services, and people throughout the fourteen county region within the Diocese. In 2009, over 90,000 individuals were touched by at least one of those programs. In Columbia and Greene Counties, over 15,000 individuals benefited from our work. That is one sixth of the overall total. Wow!

One can look at the numbers and wonder why are the numbers served increasing rather than decreasing when our goal is to reduce poverty? Is the poverty rate increasing in our counties? Yes, there is higher need and we have seen increases in services for basic needs such as food and medicine. However, our numbers have increased as well because we not only provide for those in need today, but we work to prevent poverty in the future. More than half of our participants are in programs designed to stop poverty from occurring, to keep those on the edge of poverty from slipping into it and to give a solid healthy foundation for our youth that will guide us in the future. The WIC program provides supplemental nutrition to children that keeps them healthy and therefore reduces costs for healthcare for everyone. Parents are taught about healthy foods and the benefits of exercise. Prevention educators work to help children from developing expensive and dangerous habits such as smoking. Once addicted many have trouble stopping even when those funds are needed for basic needs. Our Kinship program saves taxpayers money by helping children to stay with family rather than in foster care at an approximate rate of \$22,000 a year.

We are proud to say our numbers have increased and that we serve so many of our neighbors because it means we are helping the poor and vulnerable in these difficult times. We are also having a positive impact on many, many lives and the community and are creating hope for tomorrow.

Theresa Lux, Executive Director

SAFETY AND FUN: PREVENTION EDUCATION AT WORK

CCC-G's Prevention Educators have been on the go throughout the school year and summer, working to prevent substance use and abuse in our area. Much excitement was generated when NYS OASAS awarded us a \$20,000, one-year grant designed to assist with "Enforcing Underage Drinking Laws." Our "EUDL" program began in April, with a "Sticker Shock" program conducted with the Chatham High School Chapter of SADD, and Hudson High School's 4-H Club. Students, accompanied by adult advisors and a police officer, placed about 500 stickers carrying the message, "It is illegal to provide alcohol to anyone under 21" on multi packs of alcoholic beverages in local stores. A billboard campaign in the Chatham area broadcasted the message, "Parents Who Host Lose the Most: Don't be a party to teenage drinking." The CCC-G Prevention program also sponsored a Responsible Beverage Server Training course to teach bartenders and wait-staff about underage drinking laws, and how to be a responsible server. The training session, conducted in July, was offered at no cost to participants, and was attended by staff of Destino's in Chatham and the Winding Brook Country Club in Valatie. Funds are available to conduct another training session; other establishments that wish to offer the training to their staff are encouraged to contact Prevention Educator Mary K. Minahan at 828-8660, Ext. 130.

Through the 2009-2010 school year, an evidence-based Prevention curriculum was presented at Questar, Freshman seminars at Ichabod Crane and Chatham High Schools, and Hudson City public school grades K through 12, including their After-School programs. In addition to

the regular Prevention curriculum, our Prevention educators volunteered to teach a 6-week "Jr. Achievement" program, about the importance of communities and safety, to a select group of 1st and 2nd grade students.

Kindergarten through 2nd grade students learned about the importance of their brains, how to keep their brains safe and the importance of using seat belts and bike helmets. To carry this lesson on into the summer, we then teamed up with the Hudson Police Department to host a Bike Rodeo, held June 24th at Oakdale Park in Hudson. At this event, members of the Hudson P.D.'s Bike Patrol Unit distributed and fitted free bike helmets for the children attending. Local Stewart's Shops partnered with us and generously donated coupons for 500 free ice cream cones. These "Good Ticket" coupons will be issued by Hudson Police Officers to children that they see wearing helmets while riding their bikes. Our hope is that by providing classroom instruction, free helmets and ice cream rewards for their positive behavior, the children of Hudson will grow to respect their brains, bodies, and the law. Additional helmets were distributed in Chatham and to other Columbia County residents. In the summer, our Prevention team conducted lessons during summer recreation programs at various sites in Columbia County. Youngsters attending summer programs at Oakdale in Hudson, Crellin Park and the Kids' Club in Chatham, Kinderhook, Livingston, and Ghent Town parks participated in a fun, interactive lesson about self esteem, friendship and feelings. **(cont. next page)**



REMEMBERING SISTER MAUREEN

Sister Maureen Joyce, a member of the Sisters of Mercy, served as the CEO of Catholic Charities of the Diocese of Albany for 20 years. Much more than an administrator, she was a mentor, friend and family member of Catholic Charities of Columbia and Greene Counties. And although she passed from this life in May 2010, her legacy as a great humanitarian will live on forever. Kindness and empathy were only two of the qualities that earned Sister Maureen such sincere admiration. She was tenacious, a visionary and a crusader in carrying out her mission of helping and empowering the poor and vulnerable. She was loved and trusted by many, which often helped



her get things done. Sister Maureen was genuine and thoughtful in her support of those who worked for her, both personally and professionally. She would never fail to stop and chat with colleagues, asking about their family, pets, vacations, etc., remembering details and names even though it may have been months since their last conversation. Lastly, Sister Maureen was a steadfast teacher and advocate for personal and professional growth. She believed that staff needed to be at their best to serve those in need and she provided opportunities to help workers stay emotionally, mentally and professionally healthy. Sister Maureen lived true to the old proverb, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." Her spirit, dedication and life's footprints will continue on for eternity.

...PREVENTION EDUCATION... (CONTINUED)

Prevention Educators joined with the School and Community Service Project (SCSP) and the Mental Health Association (MHA) to conduct a few programs. We assisted the SCSP Counselor from Twin Counties Recovery Services, Inc. with a series of weekly outdoor adventure field trips for a group of 10-12 teens, designed to build their self-esteem and to help them to make healthy – and substance-free choices. In collaboration with the MHA, we taught a series on Parenting and Healthy Life Styles. To wrap up the summer, we presented a stress management class for 40 members of the Head Start staff to help them get off to a great start for the upcoming school year. In addition to direct service programs, Senior Prevention Educator Tami Amodio also facilitates the Hudson Community Prevention Coalition, joining with other service providers in the community to share ideas, define needs, and coordinate and collaborate on Prevention services for Columbia County families. This group first met in March, and will continue to meet monthly. Community service providers who would like more information should contact Tami Amodio at 828-8660, Ext. 124. With the start of the new school year, we have expanded grades and projects and are looking forward to more fun and education combined.

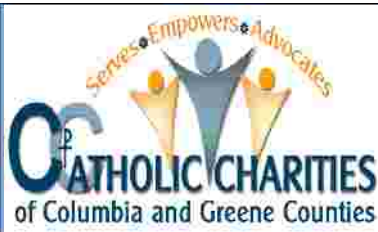
.....FOR VARIED NEEDS (CONTINUED)

cardiovascular and weight lifting workout! A great big THANK YOU goes out to staff and volunteers dedicated to the Catholic Charities mission of helping those in need. We offer special thanks to Big Lots, who donated all the proceeds from a baked goods sale held outside their Fairview Ave. store over the Memorial Day weekend. CCC-G then used this money to purchase non-food items at Big Lots to stock our food pantry. Non-food products such as personal care items and basic household supplies are necessities in keeping a healthy home, and are often very costly. However, food stamps may not be used to purchase them. Now, thanks to Big Lots, families in need can have a few of the necessities that others take for granted. We would like to express our sincere gratitude to the organizations, businesses and individuals in the area who donate to Catholic Charities of Columbia and Greene Counties. Without their generous support, we would not be able to offer the diversity of assistance and services to those in need, and we are truly thankful for their kindness!



WE NEED YOUR HELP

- Each day, more and more of our neighbors feel the reality of poverty. Catholic Charities provides help and creates hope but we cannot do it alone. We rely on the generosity of the community to donate their time, services, and resources to help us meet the needs of our neighbors.
- **Volunteer Opportunities:** Clerical, Gardening, Fundraising, Board Participation, Emergency Assistance/Food Pantry and Maintenance. Call Vanessa Vogel at (518) 828-8660 or email vvogel@cathcharcq.org
- **Monetary Donation Opportunities:** You may contribute by check to
- **Catholic Charities of Columbia & Greene Counties**
- 431 East Allen Street,
- Hudson, NY, 12534
- Or go to <http://www.ccrda.org/donate.htm> to contribute by credit card either by a one-time donation or by setting up a recurring donation monthly, quarterly or annually
- Your donation empowers Catholic Charities to serve people of all faiths each year. Catholic Charities is a nonprofit 501 (c)(3) organization. Your donations are fully tax-deductible to the extent allowable by law.



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TWO HONORED WITH THE SISTER MAUREEN JOYCE AWARD

Annually the agencies that comprise the Catholic Charities of the Diocese of Albany join together to celebrate the wealth of talents that labor to provide numerous services throughout a fourteen county region. This year, Catholic Charities of Columbia and Greene Counties recognized a team that has embraced the mission through work and volunteerism.

Employee Award: Vanessa Vogel

Over the last 15 years, Catholic Charities of Columbia and Greene Counties has experienced change and growth.



Vanessa has been an integral part of the process. Vanessa began as a chemical dependency counselor, was promoted to Greene County Program Director in 2004 and then advanced again to Program Director for Columbia and Greene Counties in 2008.

Throughout all of the changes, Vanessa has brought a clear sense of direction and communication to her work and the Agency as a whole. Vanessa combines compassion and sensibility in meeting the needs of the clients regardless if they are here for emergency assistance, counseling or another Catholic

Charities service. Vanessa is an advocate for the mission and chooses to serve those in need when presented with conflicting presenting tasks.

In the mist of Vanessa's accomplishments as a valued and trusted employee, Vanessa brings a great sense of humor and a down to earth outlook. With the birth of her first child, Vanessa is now successfully balancing work and family life. While Vanessa is currently working part-time, the effects of her work are felt by staff and clients in over-time.

Volunteer Award: Peter Vogel

Peter did not imagine he would be honored as a Catholic Charities volunteer fifteen years ago when his wife, Vanessa Vogel, began working at the agency. However, due to his kindness and shared compassion he has provided valuable assistance in attaining our mission. Peter's hours and service over the years have varied depending upon the need but he has shown that he can be counted on to help when called into action.

Peter brings with him talented craftsman skills and a commitment to high quality, the same quality and skills applied as a co-owner and operator of KB Woodworking, Inc in Greene County. The beauty of a volunteer such as Peter is in his willingness to undertake projects out of the ordinary but all equally important in accomplishing.



Silent Auction, Live Auction, 50/50 Raffle, and Wine Table Raffle
Friday October 22, 2010

Anthony's Banquet Hall, Leeds, NY
Near NY State Thruway Entrance, Exit 21



2nd Annual Auction

Viewing and Silent Auction begins at 5:30pm

\$5.00 Entrance includes Bidder Number, Basket Raffle, and Hors D'oeuvres

Sample of Items: Golf and Ski Packages, Restaurant Certificates, Original Artwork, Laptop Computer, Themed Baskets of Goodies
Proceeds will benefit the Emergency Assistance Program to provide funds and support to those experiencing a financial hardship.