

**Programs & Services**

Substance Abuse  
Prevention Education in Schools  
And Communities

Women, Infants, Children (WIC)  
Nutrition Education

Emergency Assistance  
With Food Pantries  
in Hudson and Catskill

Court Ordered  
Supervised Visitation

Application Assistance for Food  
Benefits through the Nutrition  
Outreach Education Program

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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## Exciting Change In WIC



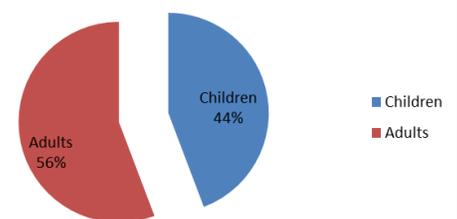
Paper checks are a thing of the past! Last September WIC made the switch from checks to eWIC EBT (Electronic Benefits Transfer) cards in Columbia and Greene Counties. Paper checks and now the eWIC EBT card are the means for WIC participants to receive foods that meet their nutritional needs at the store after attending a WIC appointment where nutrition education is provided. With this change, participants can now purchase their designated items as needed throughout the month rather than all at once. The WIC2Go mobile app for New York State WIC Participants details the food benefits, notes the next WIC appointment, lists and verifies food items at the store which are WIC approved. For more information on eWIC, please go to [www.health.ny.gov/prevention/nutrition/wic](http://www.health.ny.gov/prevention/nutrition/wic). WIC is a supplemental nutrition education program for pregnant, postpartum, and breastfeeding women, infants, and children until the age of 5. The WIC program operates Monday through Friday in Catskill and Hudson, as well as travels during the month to Chatham, Copake, Valatie, and Windham.

## 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

**Over 16,000 People Looked To Us For Services in 2018**



*Continued on page 2*

## Pillars *continued from page 1:*

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:

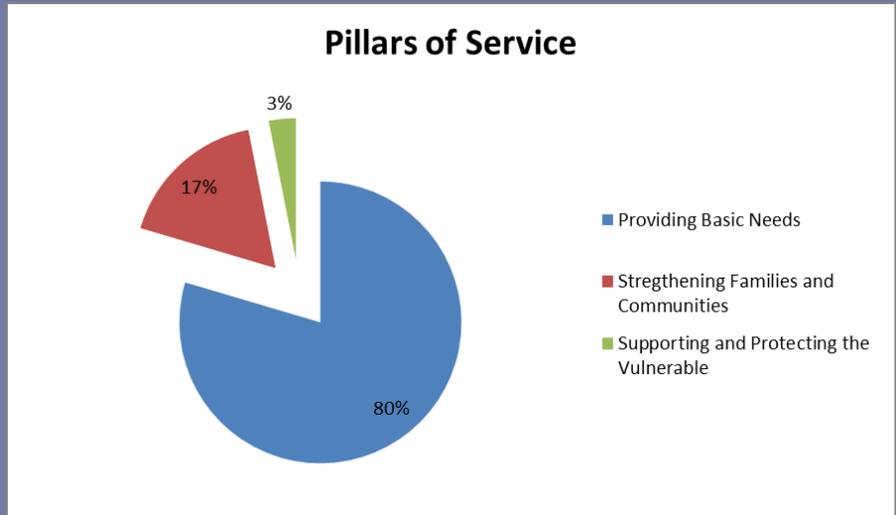
- Emergency Assistance
- Food Pantry
- SNAP Application Assistance
- WIC

### Supporting and Protecting the Vulnerable:

- Healthy Families Columbia
- Supervised Visitation
- Parenting

### Strengthening Families and the Community:

- OASAS



Our programs vary in intensity ranging from working with families once or twice a week in Healthy 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.

*Continued on page 3*

## 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.



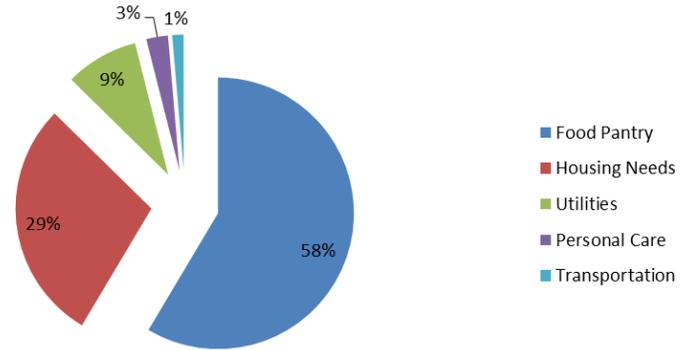
Donations are fully tax-deductible to the extent allowable by law as we are a non-profit 501 (c) (3) organization. Any denomination of funds helps Catholic Charities to carry out our mission, THANK YOU. Checks and money orders may be mailed to: Catholic Charities of Columbia & Greene Counties, 431 East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

Credit card donations may be made at our website [www.cathcharcg.org](http://www.cathcharcg.org) or on our Facebook page.

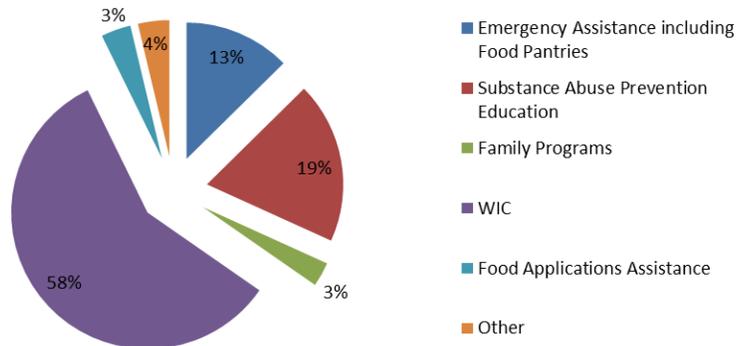
## Pillars *continued from page 2:*

Many struggle on a daily basis to meet the most basic of needs such as eating healthy foods or buying tooth-paste. SNAP (formerly food stamps) does not cover personal hygiene items such as laundry detergent and toilet paper. Thanks to community donations, we are able to offer these items in the pantry periodically. Other emergency assistance needs recently filled by your generosity included a new mattress for a woman suffering with a health condition, new tires for a senior citizen to be able to safely drive to medical appointments in Albany, and the Department of Motor Vehicle Fee for a gentleman to obtain his CDL license to accept a fulltime position. Each person's needs are as individual as our fingerprints yet we share more in common with each other than our differences. Our services are provided with dignity and respect with the goal of empowering the individual to reach the fullest potential.

### Emergency Assistance



### Services Provided



**Join Our Mailing List:** If you would like to join our mailing list to receive this newsletter directly, please complete the form below and mail to Catholic Charities at 66 William Street, Catskill, NY 12414 or Catholic Charities at 431 East Allen Street, Hudson, NY 12534

Name(s) : \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_



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[www.catholiccharitiescg.org](http://www.catholiccharitiescg.org)  
[www.ccrda.org](http://www.ccrda.org)



Please share at [info@cathcharcg.org](mailto:info@cathcharcg.org) if you prefer to receive the newsletter electronically.



# *Music In The Hollow*

## *Sunday, May 19, 2019*

*3:00pm to 5:00pm*

At the beautiful "Lodge" overlooking Sleepy Hollow Lake  
 Athens, NY

*Register before May 8th, 2019*  
*by calling 518-828-8660*  
*Seating Is Limited*

Bring a friend for an afternoon of socializing and sharing. A brief program will be presented which illustrates the needs within our communities and the ways in which Catholic Charities is making a difference. Attendees will have an opportunity to support our mission by making a gift of their choosing at the event.

