

**Programs &
Services**

Emergency Assistance
Facilitated Supervised
Visitation
Food Pantry
Kinship Caregiving
Nutrition Outreach
Education Program (NOEP)
Parent Education
& Mentoring
Substance Abuse
Prevention Education
Women, Infants,
and Children (WIC)
Caregiver Support
AIDS Services
Disabilities Services
Disaster Relief

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One Starfish At A Time

The storms of Irene and Lee left massive amounts of damage in our areas, especially in Greene County. Even now, months after the rain has stopped there still remains a great deal of work to be done. The destruction also summoned up the good will of numerous individuals and organizations to immediately respond with compassion and assistance. Our efforts began with the donation center, reaching out to those affected, and assisting with resources such as providing school and building supplies.

Thanks to the actions, activities, positive thoughts and prayers of our community members who have been blessed with the ability to donate their time, funds, and ideas our communities are being repaired and lives are being rebuilt. Person by person, family by family, our communities' "starfish" will be lifted from the beach and placed back into the ocean to thrive.

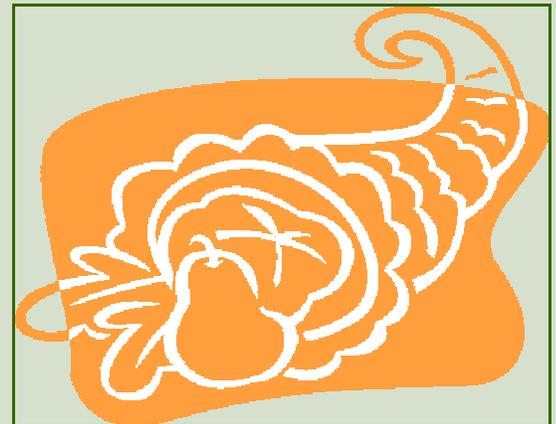
It is the perceived "little" things that add up to make a huge difference .

The Day Jesus and I Went Shopping!

This letter was delivered among bags of items for our neighbors in need.

I awoke one morning in my nice warm bed. The house was heated and there was food for my table. As I sipped my coffee and listened to the news on T.V., (all of which was quite bleak), a thought came to me: - what are the victims of Hurricane Irene, on my own mountaintop doing at this moment?

It's the end of October, and now winter is fast approaching. Where are the people who have lost everything, right now? Do they have a warm bed in a snug house with food on their table? Are they enjoying a nice cup of coffee and some breakfast with it- or are they sitting somewhere, perhaps alone, and bewildered wondering what is to become of them? Their home may have been washed away-condemned as no longer habitable-and there is no money to rebuild. What's to become of them?



Suddenly my coffee lost its flavor and I found myself enjoying it less! As I began to read my daily scripture, a thought came to me, (and I'm certain it was directly from "Himself"). *Why don't Jesus and I go shopping?* The thought hit me like a bolt of lightning! What fun that would be!

I'm not rich by any means, but through the Grace of God, I am not in want, and I knew I could come up with a few extra bucks. So, to that voice in my soul, I said, *"Yes! Let's do it!"* I grabbed my coat and Jesus and I went shopping.

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REDUCE YOUR 2011 TAXES WHILE HELPING OTHERS

End of the year deductions and the Tax season are just around the corner! Your donations to Catholic Charities are fully tax-deductible to the extent allowable by law as we are a non-profit 501 (c) (3) organization. Any domination of funds helps Catholic Charities to carry out our mission.

Contributions by check and money order may be mailed to:

**Catholic Charities of
Columbia & Greene
Counties**, 431 East Allen
Street, Hudson, NY, 12534

Or go to [http://
www.ccrda.org/
donate.htm](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. Write Columbia/Greene in the comment line to direct the funds locally or leave blank to help throughout the 14 county region

Your donation empowers Catholic Charities to serve people of all faiths each year.

Thank you for your role in helping the residents of Columbia and Greene Counties.

Nature Delays Grand Opening

In July 2011 the Agency was awarded grant funding through the Berkshire Taconic Community Foundation to expand our pantry services to include a “market” component. Participants of the food pantry would have a choice to continue to receive emergency food services utilizing our current Client Choice system, or they could chose to “shop” for their items themselves accompanied by a volunteer in our new Market Pantry.

The plan was simple, once we received the funding from Berkshire Taconic Community Foundation; we were going to clean out one of the rooms in the basement that was being used as a storage/catch-all area. This meant ripping up the carpeting, cleaning out boxes, file cabinets, junk, etc, to make room for new industrial shelving and appliances in an organized lay-out similar to a market. Our grand opening of the Market Pantry Program was to be October 3, 2011.

And then, August 28, 2011 brought Hurricane Irene and Tropical Storm Lee shortly thereafter bringing catastrophic trauma and devastation to many. Energies and efforts were diverted to helping those is need as a direct result of the storms.

Also as a result of the storms, our Hudson office was found to have damage from ground water flooding in the basement as well as oversaturation of the walls in the back stairwell. The task of clearing for the market multiplied in scope.



Hence a delayed opening to the Market Pantry. Reconstruction in November of a few walls, new carpeting and ceiling tiles and fresh paint followed the mold removal.

O P E N I N G
I N
J a n u a r y

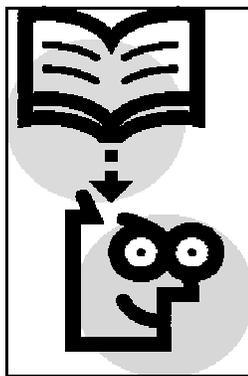
Now with a bright and beautiful empty space, the Market Pantry is ready to be organized and food moved in!

The Market will continue to offer nutritious foods and a three days’ supply of food as the current food pantry “Client Choice” program offers. Foods will be arranged similar to the local grocery stores offering as much choice as possible. Items for the pantry and market are generously donated by the individuals in the community, designated food drives at local businesses, and “Stuff the Bus” events. Grants from the Northeast Regional Food bank are used to supplement food items to maintain availability of providing for balanced meals for the whole family. Stop by to see the new Market Pantry after it opens in January 2012.

REFRESHENING OUR TOOLS THROUGH EDUCATION

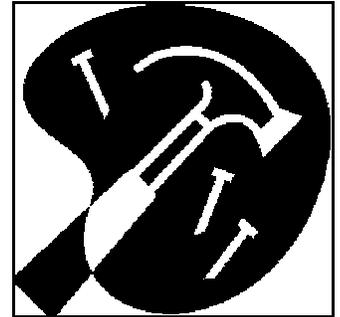
A famous story tells of a Woodcutter that was hard working and diligent but the more he worked, the less productive he became. One day when he spoke about it, he was asked if he ever stopped working to “sharpen his ax.” The Woodcutter replied he had not; he had no time as he had to work more and more for the same result. The story continues stating that if the Woodcutter had stopped to sharpen his now dull ax, he would have been more productive in less time. The morale of the story focuses on the need to take a break from work duties to refresh our tools. For our Agency, that means attending trainings that serve to “sharpen” our tools.

This fall, the entire staff of the Family Services Programs; Facilitated Supervised Visitation, Parent Education, and Parent Aide Program, attended a workshop on Psychiatric Disorders in Children with Dr. Paul Martin. Their purpose in attending the workshop was to gain a better understanding of symptoms and behaviors related to specific disorders. There are times when staff work with parents whose children are diagnosed with various disorders and strengthening their knowledge base will allow them to help educate parents and develop strategies to provide support to their child in their developmental stages. It must be noted that



the information gained is not be used in our programs to diagnose children and adolescents; simply used as a basis for educational understanding for staff.

The workshop focused on specific psychiatric disorders and discussion of demonstrated behaviors of each disorder as well as suggestions for “what works” in managing symptoms of particular disorders. Dr. Paul Martin stressed the importance of school attendance as the best predictor of success. This information is significant to the Family Services Programs at Catholic Charities as mentors and monitors will incorporate strategies in working with parents to develop realistic goals for increasing children’s school attendance through the use of positive reinforcement, praise, goal charts, and communication with school personnel (within the guidelines of court orders). Another area of development stressed was the bonding with babies and strategies to develop healthy relationships.



In June 2010, the Agency dedicated office space for a Library in honor of the late Sister Maureen Joyce. The Library is a place where staff meet with parents and have resources handy when talking about parenting and child development. While scarce with materials at the moment, the Agency has plans to increase the number of books, videos, handouts and teaching materials to help sharpen not only the tools of the staff but the clients as well.

Shopping cont.: Our first stop was the local Wal-Mart, where we purchased shirts, boots, gloves, hats, and some other items needed to stave off the cold weather. Next was a visit to the grocery store, where we opted to buy items for a full Thanksgiving Dinner for several families.

I don’t know about Jesus, but I was tired by the time I got home. Personally, I think He was too! But in all honesty our shopping trip brought me more happiness – and a greater appreciation for all the good things I have been blessed with. All I can say is, *“Thank you Jesus, for one of the best days I’ve ever had. I’d sure like to shop with You again, sometime. Just give me a call!”*

Anonymous



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HUDSON, NY 12534
Phone: 518-828-8660
Fax: 518-828-4016

CATSKILL OFFICE
82 WOODLAND AVENUE
CATSKILL, NY 12414
Phone: 518-943-1462
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An affiliate of United Way

Bringing Food to the Table

This year, Catholic Charities of Columbia and Greene Counties began a new division of services, entitled the Nutrition Outreach and Education Program, or “NOEP”. After a competitive grant application submission, Catholic Charities was awarded the three year NOEP contract by Hunger Solutions New York, an Albany-based charitable organization dedicated to alleviating hunger in the state.

The essential goal of the NOEP Coordinator is to promote the Food Stamp Program across the entire service area, through a variety of methods: community outreach, through collaboration with local social services agencies; formal NOEP presentations to a diverse array of social/business agencies and clubs; direct client assistance, involving “pre-screening” for potential program eligibility and help in applying for and maintaining benefits; support/advocacy for clients as they navigate the system.

Assisting with obtaining food stamps and educating on the resources available to eliminate hunger are directly in line with the mission of Catholic Charities and is only one avenue we strive to reduce poverty in our counties.

WIC (Women, Infants, and Children) assists families with children under five in the household with the ability to provide nutritious foods on a daily basis. In addition to offering milk and formula; cereals, whole grains, fruits, and vegetables are on the WIC menu. Service locations and flexible hours are available throughout Columbia and Greene Counties. One appointment can result in over \$50.00 of foods the same day. Generous income guidelines apply. Package value varies upon age of child, infant, and stage of pregnancy. Please contact Catholic Charities of Columbia and Greene Counties at either office to make an appointment or for more information.



The seats and aisles were full thanks to the kindness of our neighbors and sponsors on November 12, 2011. Family Thanksgiving baskets were filled and the pantry shelves were stocked.. Thank you.