

June 2023

# NEWSLETTER



## LETTER FROM THE DIRECTOR

Executive Director David Bethuram says it's about love.

## SUCCESS STORIES

See the impact of our programs.

## UPDATES

Learn about recent changes, including opportunities to serve.

# Dear Friends of Catholic Charities,

*"For this is the message you have heard from beginning: we should love one another. The way we came to know love was that he laid down his life for us; so we ought to lay down our lives for our brothers. If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him? Children, let us love not in word or speech but in deed and truth."*

- 1 John 3:11, 16-18

The First Letter of St. John offers a perfect frame for our summer newsletter. As we continue to highlight our service to the community, we are reminded that our work is, and has always been, about love. The inseparable love of neighbor and the love of God guide our support for those we encounter at the margins. As we celebrate this milestone, we are also reminded of Jesus' words from John's gospel: "You always have the poor with you, but you do not always have me." (John 12:8)

Jesus did not promise that care for our poor would be easy. On the contrary, He tells us that it will be mankind's most challenging and important work. In order to endure, that work must be grounded in something that is fundamentally bigger, stronger and deeper: that inseparable love of God and love of neighbor. For 104 years, Catholic Charities in the Archdiocese of Indianapolis has been a ministry of love, not just in word, but in action. Nowhere is that more evident than



in our dedicated staff and volunteers. Our volunteers and staff give unconditionally to the men, women and children we serve. Their work with Catholic Charities has helped build upon that legacy of love for the least of our brothers and sisters.

If you are reading this newsletter, chances are that you are a part of the Catholic Charities legacy as well. Your gift of volunteering, financial investment, and prayer has ensured that Christ's wish for mankind to look out for our poor continues to be fulfilled. Your love made manifest is a beacon for those who battle poverty. Until the poor are no longer with us, we will stand with you in working to provide a light. Thank you.

Sincerely,

A handwritten signature in cursive script that reads "David J. Bethuram".

**David J. Bethuram**  
Executive Director  
Secretariat for Catholic Charities

# SENIOR PROGRAMS

## A Caring Place Adult Day Service

We support caregivers and their loved ones by providing a safe daytime environment for adults with physical and cognitive challenges. Our staff takes pride in creating a setting that puts both loved ones and caregivers at ease. Our program provides participants an opportunity to remain involved in the community, and it provides caregivers with respite so that they can continue caring for their loved one at home.

In the upcoming month, we look forward to music with Steve Elston, Wayne Lundberg, and the Extension Chords. In June, we are partnering with Cycling through the Ages to offer Bike Rides to participants. Our daily programming offers trivia, current events, reminisce, Bingo and Ball Toss, and many others. For more information contact Lisa Sperry at [lsperry@archindy.org](mailto:lsperry@archindy.org) or 317-466-0015.

## Caregiver Support

According to the Mayo Clinic, caring for a loved one strains even the most resilient people. This doesn't mean that caregiving can't be rewarding, but the reality is that physical and emotional stress is common. For the 53+ million family and friends providing help to someone (many times more than one person) in need, creating ways to focus on themselves isn't selfish, it's necessary. Caregivers assist with personal and medical tasks that they aren't trained for, spend their own money providing financial support, and many are provide more than 20 hours of care a week on top of employment and other family responsibilities.

Recognizing a caregiver and asking how to help can assist them with balancing the rewards and the stressors. Our programs that provide support include: Caregiver Support (support groups and individual consultations), A Caring Place Adult Day Services, AmeriCorps Seniors Senior Companion Program, and Individual Counseling. Contact Monica Woodsworth at [mwoodsworth@archindy.org](mailto:mwoodsworth@archindy.org) or 317-261-3378 for more information.

## Senior Companion Program

AmeriCorps Seniors Senior Companion volunteer, Lequita was matched with WWII veteran, Mr. Brown. She spent time with him and his wife, accompanying them to his medical appointments at the VA and preparing their lunches. They became fast friends. The original visitation schedule of 2 days per week increased to 5 as the Browns' needs for help and respite grew. Mrs. Brown stated that Lequita was "able to keep the smile going." Mr. Brown enjoyed playing cards and watching his favorite game shows with Lequita. When he recently passed away at the age of 102, Lequita helped Mrs. Brown with the funeral arrangements. This volunteer is now considered family. Contact Joyce Beaven at [jbeaven@archindy.org](mailto:jbeaven@archindy.org) or 317-236-1565 for more information.

## RSVP (Retired Senior Volunteer Program)

Do you want to volunteer more this year? Are you 55 or older? AmeriCorps Seniors RSVP (Retired and Senior Volunteer Program) works with community partners to connect adults 55 and older to volunteer opportunities that will impact the community. We are always in need of more volunteers. Volunteering can be from home or in the community. AmeriCorps Seniors, a federal agency, provides major funds and administers RSVP. For more information contact Monica Woodsworth at [mwoodsworth@archindy.org](mailto:mwoodsworth@archindy.org) or 317-261-3378.

**VOLUNTEER  
OPPORTUNITIES  
THAT MAKE A  
DIFFERENCE**

# IMMIGRATION LEGAL SERVICES

Our team remains busy taking on cases and filing applications for immigration status. In May, we hosted a free naturalization clinic to help start the citizenship process for those currently in the United States on a green card, as an asylee, parolee or a special immigrant.

# REFUGEE PROGRAM

We welcomed 55 new arrivals in March. That is the most newcomers the program has welcomed to the United States in several months! Volunteers are always needed to assist arriving families with moving, to teach English and more. Contact Laura Sheehan at [lsheehan@archindy.org](mailto:lsheehan@archindy.org) or 317-236-1531 to learn more about volunteer opportunities.

# OUR NEW INSTAGRAM PAGE

Catholic Charities Indianapolis joined Instagram! Be sure to follow us at "CatholicCharitiesIndy" to stay up to date with what is happening with our programs. Invite your friends and family to follow us as well. Scan the QR code below to see our latest Instagram posts.



# SCHOOL SOCIAL WORK

During the 2022-2023 school year, our program consisted of 26 providers serving 29 Catholic schools within the Archdiocese. We routinely addressed various needs of students and families of students, which can be quite complex. We noted an almost universal increase in students' anxiety and difficulty regulating their thoughts and emotions, resulting in an increase in time and attention from our staff.

It is important for our staff to practice good self-care and maintain a healthy work/life balance in order to continue supporting those with complex needs. Recognizing this need for self-care, a professional development workshop was provided through the Employee Assistance Program. Heather Baumgardner, LCSW presented on Compassion Fatigue, Burnout & Resiliency. Afterwards, one of our staff observed, "Catholic Charities genuinely works a culture of self-care into its mission. It is refreshing that they understand that an empty cup has nothing to pour."

## ST. ELIZABETH|COLEMAN

We settled into our new location at 3388 Founders Road in Indianapolis in early February. We continue providing services to women in need in our community by offering a monthly support group and baby and household items. Volunteers from Guerin Catholic High School and St. Luke Catholic Church recently helped to organize donations and fill donation requests.



We will be holding an open house at our new location on Saturday, November 4, as a kickoff to Adoption Awareness Month. Please stay tuned to our website, [www.givingbirthtohope.org](http://www.givingbirthtohope.org) for more information as this date approaches.

# COUNSELING PROGRAM

Abby Gratz is the sixth therapist to join our staff. Abby is a graduate of IU Bloomington and is an LMHCA. Abby specializes in working with people of all ages who have experienced trauma. She will be working with people in both Indianapolis and Martinsville.

Our therapists work from evidence-based treatment modalities to provide trauma-informed health care to both adults and children. Treatment is conducted both in-person and using HIPAA-compliant tele-mental health services. Services are accessible and affordable for all by offering a reduced pay scale based on income and the number of dependents for those not insured. As a program, we address mental health challenges as well as substance use. Our evidence-based strategies include behavioral health primary care integration made possible by a collaboration with IU Health Morgan and supported by the Kendrick Foundation in Morgan County to provide outpatient mental health services for patients of IU Riley and Southern Indiana Physicians.



# HOLY FAMILY SHELTER

Alena, her 5 children, and her mother moved into our shelter after being evicted from their home. When they first arrived, no one in our family held employment. While at the shelter, they worked diligently with their case manager to achieve all of the case plan goals they had set for themselves in order to move towards self-sufficiency, which included employment. Alena found a full-time job, and her 2 oldest daughters both found part-time jobs. Alena also engaged in services with the Firefly Community Partners for Child Safety program, where she worked with a liaison on skills relating to parenting and strengthening the family unit. She also engaged in services with the John Boner Center, where she worked on budgeting and life skills. Due to the eviction, Alena was ineligible for most traditional housing, but her case manager was able to assist in identifying alternatives. Alena was able to move out fully employed, engaged in community programs, and into safe and affordable housing.

# CRISIS OFFICE



Sam had recently graduated from a drug and alcohol treatment facility when he came to the Crisis office in need of food and assistance getting his state ID. He was also homeless and concerned that he would become depressed and relapse. A Crisis Office volunteer began calling shelters in the area, but they were all full. A caseworker for the Homeless Initiative Program was in the office, overheard the conversation, and offered to talk with Sam. He learned Sam was a veteran and possibly eligible for housing through the Veteran's Office. By the end of the visit, Sam had food and financial help to obtain his birth certificate. He also had the support of the other case worker.

Two days later, Sam returned with the case worker to inquire about rental assistance for housing, through the Veterans office. We were able to provide \$300 towards his rent and contacted St. Vincent de Paul to assist with furniture.

Sam visits occasionally and provides updates on his progress. He is volunteering at the Veterans Hospital to assist others in need. During his visits he gets food, hygiene, and clothing items as needed. With community partners working with him, Sam can concentrate on his recovery and help others in return.

## Donate Online

Did you know you can contribute to Catholic Charities online? It's easy and secure. Visit [www.helpcreatehope.org](http://www.helpcreatehope.org) or scan the QR code. Donations can be set up as a monthly or one-time gift. 92 cents of every dollar is used to provide critical support, genuine care, and gentle relief for those who seek our help.



[www.HelpCreateHope.org](http://www.HelpCreateHope.org)



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# UPCOMING EVENTS

## **Christmas Store Open House**

**Date:** Sunday, July 16

**Time:** 2-4pm

**Location:** Christmas Store  
(1435 N. Illinois Street, Indianapolis, 46202)

Join us for the Christmas Store Open House. See how the Christmas Store is planning to help families in need this holiday season. Each guest is asked to bring a new toy. Light summer refreshments will be provided.

## **Leave a Legacy**

Have you considered how a planned gift to Catholic Charities can impact lives for years to come? Including Catholic Charities Indianapolis in your will continues your ability to serve our mission of providing help and creating hope to those in need. To learn more about how you can plan a lasting gift through legacy planning, contact the Catholic Community Foundation (CCF) at 317-236-1482 or [ccf@archindy.org](mailto:ccf@archindy.org).