

Winter 2023

NEWSLETTER



2 LETTER FROM THE DIRECTOR

A letter from Executive Director David Bethuram to the friends of Catholic Charities.

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Success stories and impact of our programs.

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View recent changes and updates including opportunities to serve.



Dear Friends of Catholic Charities,

Last year, all of us were forced to face an uncomfortable truth – none of us are immune to a crisis. Through the work of Catholic Charities, we know all too well that many families are just one missed paycheck away from facing homelessness. But we also see that even during the darkest times, our community – people like you – step up to care for our neighbors in need. Your support, combined with the passion of the Catholic Charities staff, allowed our organization to be at the forefront of addressing poverty in central and southern Indiana.

The challenges we faced in 2022 make me proud of the incredible things we've accomplished at Catholic Charities. In this newsletter, you will read about new methods of distributing essential materials to our community through partnerships that connected more Hoosiers than ever before.

What we have been able to achieve together gives me much hope for 2023. While we still face uncertainty in the year to come, I know we will get through any challenges we face together as one community. Thank you for walking this journey with us and for helping us be part of the solution for so many vulnerable families in need. I wish you hope, strength and good health in the year ahead. Please keep Catholic Charities in your prayers.

In His peace,

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

A Caring Place supports caregivers and their loved ones by providing a safe daytime environment for adults with cognitive and physical challenges. Entrusting someone to care for a loved one is a difficult decision, so a setting that puts both participants and caregivers at ease is essential. A Caring Place allows participants to remain involved in the community and gives caregivers respite so they can continue caring for their loved ones at home.

As we welcome the new year, we reflect on recent experiences that brought clients hope and joy. In December, members of the Lady Hibernians provided delicious sandwiches, desserts and tea. Pianist Wayne Lundberg also provided an excellent Christmas concert, and we hope to have him perform again. Bingo remains a favorite activity, and clients and volunteers warm up daily with armchair exercises. We look forward to offering a variety of activities and entertainment in 2023. For more information about A Caring Place, contact Lisa Sperry at lsperry@achindy.org or 317-466-0015.

Caregiver Support

Caregiver Support aids caregivers through support groups, home modifications and resource assistance. Funding is provided in part by CICOA Aging & In-Home Solutions. Non-disease-specific virtual and in-person support groups for caregivers of older adults are offered several times a month. Registration is required. Contact Monica at mwoodsworth@archindy.org or 317-261-3378.

3rd Thursday from 5:30 - 7 PM. In person at the Catholic Center, 1400 N Meridian Street

3rd Tuesday from 5:30 - 7 PM. In person at St Jude's, 5375 McFarland Road

4th Thursday from 4:15 - 5:30 PM. Virtual. Registration is required to receive a Zoom link.

Senior Companion Program (SCP)

Sherry is an AmeriCorps Seniors SCP volunteer who was matched with her client Jane a few months ago. Jane is in assisted living and was known to keep to herself. She did not come out of her apartment or socialize with her neighbors. Encouraged by Sherry, Jane now talks with her neighbors, attends events in the building and even left the complex for the first time in many months. Jane and Sherry have quickly become friends and enjoy shopping together in each other's company.

CCI sponsors the Senior Companion Program and assures volunteers are carefully screened, given pre-service and provided ongoing training and support. Senior Companions are placed with community organizations serving older adults to assist in their support. AmeriCorps Seniors, a federal agency, provides major funds and administers the SCP. SCP connects persons 55 years and older to provide friendly visiting and assistance to homebound adults to prevent social isolation and encourage aging in place.

RSVP (Retired Senior Volunteer Program)

Are you 55 or older and want to volunteer more this year? AmeriCorps Seniors RSVP works with community partners to connect adults 55 and older to volunteer opportunities that impact the community. The RSVP needs volunteers who are available to help from home or in the community. AmeriCorps Seniors provides major funds and administers RSVP. For more information, contact Monica Woodsworth at mwoodsworth@archindy.org or 317-261-3378.

**VOLUNTEER
OPPORTUNITIES
THAT MAKE A
DIFFERENCE**

IMMIGRATION SERVICES PROGRAM

2022 was a busy year for the Immigration Legal Services team. They took on an unprecedented number of cases (almost 700) and filed nearly 400 applications. Naturalization and citizenship classes were offered again after being on hold due to the pandemic. Four new staff members joined the team, allowing additional services and more clients to be served. The team looks forward to another busy and successful year guiding clients through the immigration process with care and efficiency in 2023.

SCHOOL SOCIAL WORK

The School Social Work program is comprised of 26 master's level social workers and counselors who serve 29 Catholic schools in Indianapolis and the surrounding area. These dedicated counselors provide a wide array of services, including individual and small group counseling, classroom guidance, collaboration with teachers and administrators, family support services, school crisis intervention and more. Daily improvement is seen by many students in the program.

Many children need help processing external experiences. Anna* struggled to control her emotions and was frequently asked to leave her classroom. She experienced several traumatic incidents which caused her to act out physically toward students and teachers. Anna worked with a school counselor during the day, and after months of daily role-playing and modeling healthy communication, Anna's negative behaviors decreased. She began staying in class without being disruptive and, with time, completed the school year successfully. For more information, contact Sharmila John at sjohn@archindy.org.

*Name changed for privacy

GRANT ALLOWS COUNSELING PROGRAM TO SERVE MORE

Thanks to generous grant support from the Kendrick Foundation, the counseling program provides Morgan County residents access to affordable mental health services. CCI recently received an \$80,000 grant to support the continued placement of mental health personnel in Morgan County. These professionals serve adults and children struggling to get a diagnostic assessment, counseling and referrals to community resources. Currently, two master's level mental health therapists, a licensed clinical supervisor, a supervising psychiatrist and a front office administrator serve clients in confidential therapy rooms at IU Health Morgan.

Additionally, a part-time Mental Health Case Manager provides education, referral, follow-up and case management for those at high risk as part of an integrative health care approach. The program has served over 1,030 people in Morgan County since October 2020 thanks to Kendrick Foundation grants. To learn more about our mental health services visit [HelpCreateHope.org](https://www.HelpCreateHope.org).



HOLY FAMILY SHELTER

After relocating to Indianapolis for what they thought was a new apartment, Lydia and her family were scammed and left homeless. At six months pregnant, Lydia came to Holy Family Shelter with her three children. During her time at the shelter, Lydia gave birth to a beautiful baby boy. Working closely with her case manager, she transitioned from her part-time job to a higher-paying full-time job. She then obtained childcare and saved enough money to purchase a vehicle. Lydia and her four children recently moved into their own apartment and are back on their feet after a difficult season. To volunteer, visit [HolyFamilyShelter.net](https://www.HolyFamilyShelter.net).



CHRISTMAS STORE

The Christmas Store had another great year of helping families in need and served 943 families. The store operated as a drive-up this year, with volunteers pulling gifts for families and loading them into cars. Thank you to all who volunteered, donated gifts and financially supported our program!



MOVING LOCATIONS

St. Elizabeth|Coleman Pregnancy & Adoption Services moved to a new office space on the northwest side of Indianapolis. The new address is:
3388 Founders Rd, Suite 200
Indianapolis, IN 46268

The office can be reached at the same phone number: 317-787-3412. Office hours are Monday - Thursday 9 AM to 5 PM. We are grateful for all the support and visitors since the move. For more information about St. Elizabeth|Coleman, visit GivingBirthtoHope.org and find us on Facebook at St. Elizabeth/Coleman Pregnancy & Adoption Services.

NEW INSTAGRAM PAGE



Catholic Charities Indianapolis has joined Instagram! Be sure to follow us @CatholicCharitiesIndy to stay up to date with our programs. Scan the QR code to see our latest Instagram posts.

REFUGEE PROGRAM

The refugee program has various volunteer opportunities to help those coming to the United States for the first time. To view the new sign-up process and find volunteer opportunities, visit ArchIndy.GalaxyDigital.com.

CRISIS OFFICE

The Crisis Office is experiencing an increase of clients in need of assistance, and the following items are needed:

Food Pantry

Breakfast Cereal
Peanut Butter and Jelly
Pasta and Pasta Sauce
Rice
Canned Soups
Canned Tuna and Chicken

Clothing Pantry (gently used or new – all sizes)

Winter Coats
Boots
Men's Shoes
Towels and Wash Cloths
Duffle Bags and Totes

Donation Drop-off Times

Tuesdays: 1-4 PM
Wednesdays: 9-11 AM & 1-4 PM
Thursdays: 9-11 AM

For questions or inquiries, call 317-236-1556. The Crisis Office is located at 1435 North Illinois Street, Indianapolis, IN 46202.

Donate Online

Did you know you can contribute to Catholic Charities online? It's easy and secure. Visit HelpCreateHope.org or scan the QR code. Donations can be set up as a monthly or one-time gift. 92 cents of every dollar are used to provide critical support, genuine care and gentle relief for those who seek our help. Contact Cheri Bush for more details at 317-236-1411 or cbush@archindy.org.



www.HelpCreateHope.org



Catholic Charities Indianapolis



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Working to Reduce Poverty in America



ARCHDIOCESE OF INDIANAPOLIS
The Church in Central and Southern Indiana

UPCOMING EVENTS

Crisis Office Simple Soup & Bread Luncheon

Date: Thursday, April 6

Location: Catholic Center

More information can be found at

HelpCreateHope.org



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.