

Faith. Works. Wonders.

THE NEWSLETTER OF CATHOLIC CHARITIES

COMBATting STRESS, SUBSTANCE USE DISORDERS

FALL 2010

16

Catholic Charities provides counseling to help in recovery

Throughout September, Catholic Charities will recognize the annual *National Alcohol and Drug Addiction Recovery Month (Recovery Month)* campaign, with targeted outreach to those individuals who are suffering because of a problem with substance abuse and addiction.

Substance use disorders are a treatable, yet serious health problem that can intensify because of a variety of external circumstances, including stress. Addressing this problem and finding a positive outlet for dealing with stress is now more important than ever, given the many causes of stress that exist today.

Take a few minutes and recognize the negative impact this disease has on our community. Understand that recovery is possible through a variety of



treatment resources and recovery support programs.

Individuals face varying levels of stress at work, at home, in our families, and in our communities. Whether this stress is caused by the recent economic downturn, a career transition, a big life change, or an increase in drinking or drug use because of these issues, educating our community about how stress can contribute to addiction and affect all people is essential in combating the misconceptions associated with the disease.

Catholic Charities is reminding our communities that we provide substance abuse counseling throughout the State of Delaware. We are encouraging anyone in need of help to call any of the Delaware offices and talk to the Counseling Services staff about our recovery support. In New Castle County, call 302-655-9624, in Kent County, call 302-674-1600, and in Sussex County, call 302-856-9578. You can also get information about our program on our website, at <http://www.cdown.org/ccaddiction.html>.

Catholic Charities has been providing counseling services for those dealing with substance abuse for over 40 years, so we have seen the devastation that stress and alcohol and/or drug use brings to people and their families.

The good news is that we can help people address their addiction and live a healthy and productive life in recovery.

Together, we can:

- Encourage our friends, colleagues, or family members who are suffering to enter treatment facilities or seek recovery resources
- Reach out to individuals throughout our communities to prevent stigma against people receiving treatment services on military bases and in adult living centers
- Offer all people in our community strategies to combat and manage stress, such as learning to reduce unnecessary or extra responsibilities, exercising regularly, identifying, removing, or reducing the source of stress, or seeking professional support or assistance

This September, in conjunction with the **Recovery Month** commemoration, Catholic Charities calls on all people in the Diocese of Wilmington to improve the lives of those suffering from addiction, and support individuals in recovery. Remember that Catholic Charities is working in Delaware to provide recovery services.

Faith

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Visit our website:
www.cdow.org/charities.html

FROM THE DIRECTOR'S DESK

Richelle A. Vible



Dear Friends,

One of the most satisfying parts of being associated with Catholic Charities is the opportunity to read the letters that arrive along with donations. Many times, they are in thanksgiving of a happy occasion, or a request to remember someone who has recently died. Some are made in support of a program that is important to them, or a family member. All make me realize the importance Catholic Charities has in so many lives.

This summer, we received a very poignant letter, which I'd like to share with you.

In very carefully printed block letters, the message said:

**Dear Catholic Charities,
I am giving you 50.00 from my report card.
Hope you enjoy.
Autumn
4th grade**

As if not to be shown up by a fourth-grader, **Dillon, a 4-year-old who manned a lemonade stand this summer, donated his earnings of \$40 to help the homeless at Casa San Francisco.**

I was overwhelmed with thanksgiving, as well as humbled by the generosity of these sweet children. Their parents have surely introduced them to one of the most basic concepts for living a rich, rewarding life — the importance of community service. Being willing to share time and treasure with those less fortunate enriches not only the life of the recipient, but also that of the giver. These children have learned early the true rewards of being an active part of their community.

You'll notice in this newsletter that Catholic Charities has expanded many of our programs in the last few months. Expansion comes from increased demand. Throughout our 180 years of service to the Diocese, Catholic Charities has met the needs of the most vulnerable. Those needs continue to change throughout our history, and Catholic Charities adapts its services to meet those needs. It is a legacy of service that we will continue to fulfill with your help.

As we wind down the celebration of our legacy of caring service, we ask that you join us for the next chapter in our history. Donate some of your time and treasure. Become one of our volunteers, or a donor, or an advocate. Learn the lesson that our child donors so sweetly teach us — it **is** better to give than to receive.

CATHOLIC CHARITIES' IMMIGRATION SERVICES NOW AVAILABLE IN KENT COUNTY

Catholic Charities will begin helping immigration clients in Kent County beginning Wednesday, September 22, 2010.

Catholic Charities' Dover office has recently received recognition and accreditation from the Board of Immigration Appeals (BIA). Maria Mesias, BIA-accredited immigration specialist, will see clients at the office located at 1155 Walker Road, Dover, on Wednesdays.

Richelle Vible, Executive Director, said, "We are excited to be able to expand our services to those who need help with their legal status in Kent County. Our Immigration Services program provides a safe haven for individuals and families looking for information about immigration law and practices. We are committed to helping persons and families with immigration and citizenship matters."

The program serves clients with family-based immigration cases, Legal Permanent Residents seeking citizenship, Temporary Protected Status (TPS), and renewal of immigration documents.

Persons who need help from Immigration Services in Kent County should call the Dover office at 302-674-1600, extension 0, to make an appointment. Individuals can also call Ms. Mesias directly at 302-655-9624, extension 141, or email her at mmesias@ccwilm.org. Ms. Mesias is fluent in Spanish and English.

Those needing assistance can also make appointments in New Castle County, Delaware and in Wicomico County, Maryland. To request help, call Catholic Charities Main Office in Wilmington, 2601 W 4th Street, at 302-655-9624, or its Eastern Shore office at 1201 Pemberton Drive, Suite 1A, Salisbury, Maryland, at 410-749-1121. Business hours for all locations are 8:30 a.m. to 4:30 p.m.

Faith



Maria Mesias, right, talks with a client at a recent workshop.



Leila Borrero-Krouse is being honored with the Governor's Hispanic Heritage Award.

LEILA BORRERO-KROUSE HONORED BY MARYLAND GOVERNOR

Leila Borrero-Krouse, BIA accredited immigration specialist in Catholic Charities Salisbury office, has been named the Faith-Based Champion for the 2010 Governor's Hispanic Heritage Awards.

Each year Governor O'Malley and the Governor's Commission on Hispanic Affairs present the Governor's Hispanic Heritage Awards. The Hispanic Heritage Awards recognize outstanding men and women and a non-profit organization in our community whose work better the lives of Hispanics throughout Maryland.

Richelle A. Vible, Executive Director, said, "Catholic Charities is thrilled to have one of our employees honored with the 2010 Governor's Hispanic Heritage Award. Leila is an important part of Catholic Charities Immigration Services team. Serving the Hispanic community is a vital part of Catholic Charities' mission. We are very happy for Leila."



Perpetrators and victims of domestic violence can benefit from the Domestic Violence Perpetrators Intervention Program

TJX FOUNDATION PROVIDES \$5,000 IN FUNDING TO DOMESTIC VIOLENCE COUNSELING

Catholic Charities Inc. recently received funds from the TJX Foundation to provide counseling services for perpetrators of domestic violence.

The \$5,000 award from the Foundation will help Catholic Charities to underwrite the cost of the 18-week program for clients unable to pay the full program fee.

Catholic Charities Domestic Violence Perpetrators Intervention Program helps offenders become accountable for their unacceptable behavior and teaches them effective ways of negotiating an intimate relationship. This, in turn, provides for the safety of the victims of domestic violence, most often women and children.

Richelle Vible, Catholic Charities' Executive Director, said, "The grant from the TJX Foundation validates the critical work we do on behalf of domestic violence offenders

and their victims. We are most grateful for their generosity and support."

Although payment for this program is required, clients unable to pay the full program fee can request a sliding scale payment that is manageable within their financial situation. Payment of program fees, even the token amount that many clients are able to pay, is one way for the participant to take responsibility for his or her behavior.

The ability to offer sliding scale fees for clients with limited financial resources is often the difference that makes it possible for clients to successfully complete the program, thus fulfilling the legal obligations of their probation and beginning the process of learning essential new skills.

Perpetrators of domestic violence, if left untreated, spread their abuse. Not only is their partner in danger, any person with whom they develop a relationship is at risk.

ANGER MANAGEMENT CLASS NOW OFFERED IN SPANISH

Beginning in mid-October 2010, Catholic Charities will provide anger management classes to those whose primary language is Spanish at Catholic Charities Main Office, at 2601 W 4th Street, Wilmington.

Maria Mesias from Catholic Charities Immigration Services will lead the group session of this new course.

"We are pleased to be able to help our Spanish-speaking neighbors learn how to better manage their anger, and avoid situations that can escalate to more serious harm for family members," said Richelle A. Vible, Executive Director. "It is our intent to make sure that all homes are free of violence."

Catholic Charities has been providing anger management services since 2002.

The program includes an individual assessment, orientation, and one six-hour group session. Program completion satisfies the legal requirements of those who are stipulate to complete an Anger Management Program.

To get more information about the program, whether in Spanish or English, call Catholic Charities Main Office at 302-655-9624 during regular office hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

Wonders



Catholic Charities new Thrift Center truck, purchased through the generosity of The Crystal Trust, is ready to pick up gently used furniture and working appliances.

LOCAL PARISHES HOST THRIFT CENTER TRUCK

Catholic Charities Thrift Center will be accepting donations at several local parishes in the fall. Prospective donors are welcome to use these opportunities to bring their donations to any of these sites.

The truck is scheduled for the following visits:

- St. Elizabeth, Cedar and Clayton Streets, Wilmington, September 25 & 26
- St. Margaret of Scotland, 2431 Frazer Road, Newark, October 9 & 10
- St. Ann's, Gilpin Avenue and Union Streets, Wilmington, October 16 & 17
- St. Joseph's on the Brandywine, 10 Old Church Road, Greenville, October 30 & 31

If your church or civic group would like to host a collection weekend, please contact Thrift Center Manager Diane Giovannozzi at 302-764-2717, Mondays through Fridays

Donation tips

All merchandise, including clothing, furniture, and household goods must be clean and in good repair.

Appliances must be in good working order.

Store staff reserves the right to make the determination about the donation's acceptability.

Works

HELP CATHOLIC CHARITIES 'STUFF THE STORE!'

Drive to collect appliances, furniture, household goods

Catholic Charities will hold its first "Stuff the Store" month during October, aimed at collecting donations of gently used furniture and mattresses as well as working appliances and household goods that can be distributed through our Thrift Center in Wilmington.

"As people prepare for the holidays, and purchase new goods for their homes, we ask that they consider donating their cast-offs that are in good condition to the Thrift Center," said Richelle A. Vible, Executive Director. "Catholic Charities continues to see an increase in the number of shoppers in need of basic household goods – pots and pans, dishes, furniture, beds, and working kitchen appliances like refrigerators and stoves. We hope that our supporters recognize the needs of others, and make donations to the store. Without an inventory of merchandise in satisfactory condition, it is difficult to provide for our most vulnerable neighbors."

The Wilmington Thrift Center, located at 1320 E 23rd Street, provides gently used clothing, furniture, appliances, household goods, mattresses, and much more at discounted prices. The store serves an average of 1,500 paying customers per month. Through Catholic Charities' voucher program that serves its own Basic Needs clients and the clients of other local nonprofits, the store also provides clothing, furniture, and household goods to approximately 20 customers per month who shop at deeply discounted prices, or pay nothing.

Catholic Charities is one of the few vendors licensed by the State of Delaware to sanitize used bedding for resale or redistribution and will accept donations of used mattresses that are not soiled or stained.

To schedule a pickup of a large donation, contact the Thrift Center at 302-764-2717 Tuesdays through Fridays between 8:30 a.m. and 4 p.m. Store hours are Tuesday through Friday, 9 a.m. to 4 p.m. and Saturday 9 a.m. to 3 p.m. There is no phone operator on Saturday.

ASTRAZENECA, GANNETT FOUNDATION DE PROVIDE FUNDS FOR BASIC NEEDS

Program continues to see increase in demand

Catholic Charities Inc. has received grants from two area businesses totaling \$23,000 in support of its Basic Needs Program.

AstraZeneca contributed \$20,000 and The Gannett Foundation of Delaware awarded \$3,000, to provide emergency grants for those at risk of homelessness.

The emergency financial grant Catholic Charities provides, paid to the actual vendor on behalf of clients, offers families in crisis a short-term safety net, giving families time to reprioritize, find additional resources, and re-stabilize their homes.

Richelle A. Vible, Executive Director, said, "Catholic Charities is delighted to receive support from both AstraZeneca and The Gannett Foundation of Delaware. As our economic recovery continues to fluctuate, and stimulus funding is exhausted, we continue to see record numbers of households struggling to maintain their stability. The funding we received from these good corporate citizens will help Catholic Charities provide rent, mortgage, or utility payments

for many of our most vulnerable neighbors. We sincerely thank AstraZeneca and The Gannett Foundation of Delaware for their generosity."

Catholic Charities Basic Needs Program operates in all three counties of Delaware and Somerset County, Maryland. The program has become recognized and trusted, not only among other agencies, but also within the community for its flexibility and timely response to assist clients.

While escalating costs are making headlines, Basic Needs outreach is making an impact. In FY 2010 [July 1, 2009 to June 30, 2010] Catholic Charities served 2,189 households, providing over \$1.2 million through its Basic Needs program. From January through June 2010, the agency fielded 31,833 calls for basic needs help, including a one-day high total 644 calls.

Catholic Charities has operated Basic Needs Programs for over 50 years. Since the program's founding in the 1960s, it has become recognized and trusted, not only among other agencies but also within the community, for its flexibility and timely response to



assist clients when other agencies are limited by the restrictions of their program guidelines. The Delaware Helpline refers over 10,000 calls to Catholic Charities each year, making it the third highest referral point for those in need.

Individuals and families seeking assistance must have a proven emergency need that needs financial aid. Those who seek financial aid through the Basic Needs Program receive a face-to-face interview and a financial assessment from a trained caseworker.

JOIN CATHOLIC CHARITIES IN THE AIDS WALK DELAWARE

Choose the most convenient location for you!

Sunday, September 26 at Rockford Park, Wilmington

Sunday, October 3, Silver Lake Recreation Center, Dover

Sunday, October 3, Grove Park, Rehoboth Beach

To join Catholic Charities team, go to <http://www.aidswalkdelaware.org/2010/index.jsp>

Click on **Join a Team**, then click on **Catholic Charities**

Catholic Charities will receive a percentage of all monies donated.



Dina Dawood with her winning artwork, a first-place ribbon, and a treat from the staff at Catholic Charities, congratulating her on her national win.

DAUGHTER OF REFUGEE RESETTLEMENT CLIENT WINS NATIONAL ART COMPETITION ABOUT ‘MY NEW HOME’

Dina Dawood, 10-year-old daughter of Thamer Dawood, won first place in her age category in the 2010 “My New Home” National World Refugee Day Art Contest.

The contest, sponsored by the Migration and Refugee Services of the United States Conference of Catholic Bishops, gave refugee youth the opportunity to creatively express what it has been like to move to a new country and to call America “home.” Participants were encouraged to incorporate what their new home and life in the U.S. means to them as a source of inspiration for their art work.

Dina’s winning entry shows the changes she saw in her journey from her home in Iraq to her new home, like trees, houses, and even flags. On one side of the painting, she drew her home in Iraq, surrounded by my native trees and the Iraqi flag. On the other side, she shows the home she is currently living in, along with trees and landscaping native to Delaware, and a US flag. Dina drew herself in the middle of the picture. For her win, Dina received a VISA gift card which she is saving to help buy a computer. Her art was featured in this year’s World Refugee Day celebration, on June 20, and will be included in next year’s Migration and Refugee Services Annual Report.

Dina’s father, Thamer Dawood, is a world-renown artist who escaped from Iraq with his family. Thamer’s artwork can be found at his website, <http://www.thamirdawood.com>.



The Dawoods are clients of Catholic Charities’ Refugee Resettlement Program, and have resettled in Delaware.

WAYS TO SUPPORT CATHOLIC CHARITIES

Pray

for our clients, their families, and those who serve them

Advocate

DE and MD Catholic Advocacy Network
MD Lobby Night
Visiting Legislators

Participate/Educate/Renew

Salt & Light Program
Catholic Social Teaching
Outreach Retreats
Networking Meetings
Call 302-655-9624

WHAT ELSE CAN I DO?

Donation Opportunities

Contribute by check to
Catholic Charities
2601 W 4th Street
Wilmington, DE 19805

Contribute online using a credit card.
Go to: www.cdow.org/ccdonation.html.
Make a one-time donation or set up a recurring donation

Use GoodSearch, GoodShop

Use www.GoodSearch.com as your search engine, choose Catholic Charities as your charity of choice, and we receive a donation every time you use it.

Use www.GoodShop.com, choose Catholic Charities as your charity of choice, and we receive a donation based on the amount of your purchase total.

Give through United Way

Designate your United Way pledge to Catholic Charities by indicating the Catholic Charities code, **0170**, on your pledge form. If you contribute through the Combined Federal Campaign (CFC) use code 54027 on your form.

COME HELP US CELEBRATE OUR ANNIVERSARY!

Catholic Charities will wind down the celebration of its 180th anniversary of service to the Diocese of Wilmington with two parties hosted by its Board of Directors.

The first event will be held from 5 p.m. to 7 p.m. on Thursday, October 21, at Seton Center, 30632 Hampden Avenue, Princess Anne, Maryland. The second event will be held from 5 p.m. to 7 p.m. on Thursday, October 28, at Seton Villa, 800 Bellevue Road, Wilmington, Delaware 19809. The events will feature Happy Hour refreshments and a congratulatory toast.

Participants will receive an 11" x 14" commemorative print of "Bookland". "Bookland" is an oil painting executed by Walter Willoughby. Catholic Charities received the artwork from the Public Works of Art Project (PWAP) in 1934.



Bookland

Tickets for the events are \$50. Those wishing to attend both celebrations can purchase a single ticket for \$80. To purchase tickets, visit Catholic Charities website at <https://www.cdw.org/charities.html>, or by calling Catholic Charities Main Office at 302-655-9624, extension 222.

SUPPORT CATHOLIC CHARITIES THROUGH UNITED WAY



Catholic Charities is a full member agency of United Way of Delaware and the United Way of the Lower Eastern Shore, and receives United Way funds for several programs, including Basic Needs, HIV Services, Counseling Services, Addiction and Substance Abuse Counseling, and Casa San Francisco.

Please consider designating some or all of your United Way contribution to Catholic Charities. If you contribute to the United Way of Delaware Campaign, indicate Catholic Charities agency code, 170, on your pledge form, along with the amount of your designation. Your designated contribution will help Catholic Charities to help the most vulnerable in our communities.

If you participate in another United Way campaign, you can also designate your contribution to Catholic Charities. Check with your workplace campaign administrator for your area's Catholic Charities code.

Catholic Charities of the Diocese of Wilmington delivers critical direct care services to individuals and families living in Delaware and the Eastern Shore of Maryland, regardless of their religion, race, or ability to pay.

Main Office

2601 W 4th Street
PO Box 2610
Wilmington, DE 19805
302-655-9624

Bayard House
300 Bayard Avenue
Wilmington, DE 19805
302-654-1184

Seton Villa
800 Bellevue Road
Wilmington, DE 19809
302-762-2982

Thrift Center
1320 E 23rd Street
Wilmington, DE 19802
302-764-2717

Marydale Retirement Village
135 Jeandell Road
Newark DE 19713
302-368-2784

Kent Office
1155 W Walker Road
Dover, DE 19904
302-674-1600

Casa San Francisco
127 Broad Street
Milton, DE 19968
302-684-8694

Sussex Office
406 S Bedford Street, Ste 9
Georgetown, DE 19947
302-856-9578

Eastern Shore Office
1201 Pemberton Drive, Ste 1A
Salisbury, MD 21801
410-749-1121

Seton Center
30632 Hampden Avenue
PO Box 401
Princess Anne, MD 21853
410-651-9608

24-Hour Pregnancy Counseling Hotline—1-877-255-7870



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