



# The Advocate

A NEWSLETTER OF CATHOLIC CHARITIES OF SCHOHARIE COUNTY

Winter 2010

## From the Executive Director Timothy Mulligan

As one year ends and another begins, it is a great opportunity to reflect back on the past year and recall the ways we've made a difference in the community. At Catholic Charities, we have much to remember. 2009 was not an easy year, but was an opportunity to touch lives, help deep hurts to heal, and support our neighbors trying to make ends meet.

### January

In the cold of January, many families are making difficult choices. Pay the heating bills or pay the prescription medications? It is a tragedy when families struggle to put food on the table.



Catholic Charities opened our doors even wider to the needs of families in our community. More than 150 people utilized our food pantry and extra helpings food services this month. Providing food for the hungry remains at the core of our mission to alleviate poverty.

### February

Counseling services at Catholic Charities offers individuals and families the opportunity to heal and move forward. Every month, our trained staff provide 45-100 sessions of counseling which helps clients to gain power, insight, and strength to deal with difficult life challenges. Counseling is an essential service we have provided to the Schoharie community for 20 years.

### March

In March, the Child at Risk Response Team of Schoharie County asked Catholic Charities to provide a Specialized Victim Advocate to the staff. Our answer was "yes!" The Specialized Victim Advocate assists children and non-offending parents in all child abuse cases through medical and legal proceedings. The advocate also provides community education

### April

April is Crime Victim Awareness month and Catholic Charities awareness campaign included staffing an information table and utilizing local media about services available to victims of crime. Our Crime Victim program served 97 people in 2009 with medical and legal support, counseling, and assistance with crime victim claims.

### May

In May, the Community Service Restitution program is busy placing our participants in parks and outdoor projects. Non-profits benefit from the free service and the participants avoid a more severe sentence and even sometimes enjoy their work opportunity. When a vendor calls to thank us for an excellent worker, we feel a sense of accomplishment. When a participant has experienced the satisfaction of completing a project and cooperated well with others, we feel we have done our job. In 2009, 131 participants provided the community with 5722 hours of service.

### June

June is the month the Board of Directors holds its annual dinner. The highlights of the evening include election of new officers and board members. The dinner celebrated the dedicated work of our Board and Staff as we partner together to accomplish our mission of serving every person with dignity and justice.

### July

Summer months are times when shoppers frequent our Thrift Shop. The Thrift Shop operates four days a week from 10-2:30 pm and provides our neighbors with quality used goods at bargain prices. The experienced staff accepts the challenge to find the right piece of furniture, appliance or household item to fit every shopper's needs.

### August

The Catholic Charities Golf Outing remains the highlight of our August calendar. The event gathers friends and golfers for a day of fun in the sun. The event is so successful because of so many friends who sponsor the event, play golf, volunteer time and help us to raise more than \$12,000. We are grateful to our sponsors and supporters for all they do for Catholic Charities.

### September

During this month, our staff retreat day at Landis Arboretum focused on our role as "healers" to others. The mission of Catholic Charities is to be a healing presence in society. Our services and programs reflect our commitment to be a driving force to create a more just society.

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*An agency of Catholic Charities of the  
Diocese of Albany*

2010

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October

October marks DV Awareness Month and our campaign to color Schoharie County purple raised awareness of domestic violence in our community and in our state. Each year, we serve hundreds of clients and their families in a professional, caring and confidential environment with the goal of safety and empowering clients to make healthy, informed decisions for themselves and their families. Our safe house provided more than 1600 nights of refuge for those in need.

November

Each year, we think we've served "capacity" in our Thanksgiving food program. And each year, more people come to ask for help and we make room for a few more families. This year we served 561 people a thanksgiving dinner with several days supply of food. We do this with the help of friends and supporters in our community who make this possible.

December

In December we started two new programs at Catholic Charities. Kinship Caregivers will offer support and services to grandparents and relatives who suddenly become full time caregivers to children. The Homelessness Prevention Grant helps families who are on the verge of homelessness with rent and utility assistance. We are anticipating great things from these new programs. They are new ways that we can help our neighbors in Schoharie County.

2009 was not an easy year. It was a year of pain and hardship for many. Your support of Catholic Charities helped us to enter the lives of those in need, to feed the hungry, counsel the hurting, empower those who had lost confidence, and walk with so many families through the ups and downs in their lives. We did this with your help. Thanks for a great year.

# Meet our New Staff



**Harold Rought — Interim Coordinator Community Service Restitution**

Harold Rought joined Catholic Charities in October after his work organizing interns for the Schoharie County Chamber of Commerce. Harold is a former educator in the field of building trades and later a principal and administrator in the BOCES system. Harold can see the kernel of potential in every person who comes through CSR and has successfully helped many to complete their mandated community service. We are fortunate to have Harold join our staff!



**Ruth Wiseman — Caseworker Kinship Care**

Ruth has had 30 years of experience working with families in Schoharie County and the one thing they share in common is that they love her! Ruth is dedicated to helping families and children to achieve their goals and her energy is contagious. Ruth comes to us from Community Maternity Services and she is developing the program and inviting new families to join every day. Welcome aboard, Ruth!

## Sr. Maureen Joyce



Sr. Maureen Joyce, CEO of Catholic Charities, was honored on January 11 at St. Vincent DePaul Church in Albany for her lifetime contribution to serving the poor and disadvantaged. The Centennial Medal was presented by Fr. Larry Snyder, president of Catholic Charities USA who noted that Sr. Maureen joins Cardinal Theodore McCarrick of Washington D C as the only two recipients of this award that commemorate the 100th anniversary of Catholic Charities in the United States. The award highlighted the outstanding work of Sr. Maureen whose leadership and dynamism has extended far beyond the 14 agencies in the Diocese of Albany to the whole Catholic Charities system in the United States. Congrats, Sr. Maureen.



## Haiti Relief

Catholic Relief Services is on the ground in Haiti helping to bring emergency aid to those in need in the wake of the devastating earthquake. Catholic Charities is accepting donations for Catholic Relief Services. If you would like to donate, send a check to Catholic Charities 40 North Main Avenue, Albany, NY 12203 or drop it off at our office at 489 West Main Street, Cobleskill, NY 12043. 100% of proceeds will go to services in Haiti.



## Employee Milestones

Congratulations to our Staff who have provided 65 years of service to the people of Schoharie County. Thanks for your commitment and compassion!

20 years  
10 years

Toni Joslin  
Diane Szabo  
Marty Blankowitz  
Kathleen Reinhart  
Michelle Glaviano  
Gale Kruglak

5 years



*Scenes from Staff Christmas Party  
Fun, Food and Good Times*





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## **What's Your Plan? By Maria Bullock**

When my grandson Daniel was two, his Mom dressed him, put shoes on his fat little feet and helped him balance food on his spoon. At three, Daniel won't accept that kind of help—he wants to do for himself. He's demanding—"I can do it." His Mom is able to step back and allow him to struggle with the task at hand, guiding him. Mom doesn't interfere with the process, even though it's easier and faster to simply do it for him—that's helping. He does manage to get shoes on the wrong feet—but that's cute at three.

Helping is a process, it takes time and patience to become proficient at anything—especially helping! Helping is temporary for the helper.

Enabling is also a process, it looks like helping, but it is actually “helping in distortion.” Enabling helps the enabler feel less anxious and needed. Enabling is without expectation that you can or should resolve your challenges—in fact, enabling is not about you at all.

Because enabling is anxiety driven, the time frame is now—solve the problem now—if you can't—don't worry—I will solve your problem for you. I become the expert—I know what you need—however, the enabler doesn't know what he needs. The enabler is without boundaries—your anxiety becomes mine. Enabling is a 24 hour a day job.

Unlike enabling, helping IS about you. At Catholic Charities, we have many useful programs and plenty of helpers, ready to assist, support and explore the possibilities with you. But don't be surprised when the helper facing you asks, “what's YOUR plan?”

*Maria Bullock is Clinical Director and Counselor at Catholic Charities.*

*We shall not cease from exploration  
and the end of all our exploring  
will be to arrive where we started  
and know the place for the first time.*

*T. S. Eliot  
Little Gidding*