

SUMMER 2023

CARING FOR OUR NEIGHBORS

Inside:

Trusted caregivers
are life changers.

A safe place to
support one another
through loss.

A special note
of thanks: *“Devoted
and loving care for
my brother.”*



**CATHOLIC
CHARITIES**
SERVING NEIGHBORS IN NEED

Milwaukee, Waukesha, Sheboygan, Racine, Fond du Lac,
Kenosha, Walworth, Dodge, Washington, and Ozaukee Counties

Two Stories. Two Trusting Relationships.

Lives forever changed.

When Manuel was going through an unexpected health issue, he found himself in situations he had never dealt with before, such as doctors' calls and filling out medical forms. Many times after church he would see the sign for his local Catholic Charities office, and one day he thought, "*Maybe they can help me.*"

Manuel was immediately connected with Laura, a bilingual Outreach Case Manager. He was so appreciative that Laura spoke Spanish because she could understand exactly what he was going through and the help he needed.

"Laura is a comfort," says Manuel. *"It's so easy to feel scammed by others when it comes to things like this, but with her and Catholic Charities, I know I will get through this."*



Laura, Outreach Case Manager, with Manuel



Mary Beth, In-Home Volunteer, with Alice

At 90 years old, Alice has a sharp mind, loves to cook, and enjoys sharing recipes with others. A few months ago she was hospitalized and now fully relies on a walker, leaving her unable to manage housework the way she once did.

Until this unexpected incident, she lived comfortably in her own apartment surrounded by all her favorite things. Stuffed animals, wedding and family photos, and her kitchen are just some of the many things that bring her comfort and peace.

Alice's volunteer caregiver reflects:

"I know how critical this support is because I helped my parents in their last years of life, and I enjoyed making sure they were well taken care of."

"I am lucky to be working with Alice. She has so many interesting stories to tell and has experienced a lot during her lifetime. I always get a warm welcome!"

Are you interested in volunteering in your community? Contact us!

414-769-3402 or volunteer@ccmke.org

Looking for help to maintain her independence in her home, Alice reached out to Catholic Charities. Through our In-Home Support program, she was paired with Mary Beth, a volunteer caregiver. Mary Beth visits Alice every other week to assist her with some light housekeeping like tidying the bathroom, sweeping, and taking the garbage out. Most importantly, Mary Beth is a newly welcomed friend who keeps an eye on Alice's well-being and brings a smile and conversation.

Alice expressed her gratitude by saying, "*I look forward to the days Mary Beth comes. We get along wonderfully! If I didn't have her help, I would have to try and do all these things myself.*"



Healing From Loss, Together.

A Group Member shares her reflection

*“This was the first ***grief support group*** that I have attended. I lost my husband last year due to a fall in the home, and it has been a very hard and sad experience to go through.*

I started out nervous, but after everyone opened up about why they were grieving — it became so welcoming. Each person had the choice to open up or not share if they chose to. Everyone in the group is dealing with different types of grieving, which was really good to hear about.

***It feels safe being in this group.** Each of us actually cares about the others.*

This group gives me the permission to feel and think different emotions all day long. I learned that it’s okay to be mad at my spouse for leaving me alone to handle everything without his help.

*I am so grateful to Catholic Charities for offering me this wonderful support group. It helps us broken, sad people to be okay with all the feelings that need to be acknowledged and be okay with them. **Thank you for this amazing experience.**”*

- Karen E.

Three Tips When Experiencing Grief

1. Do not grieve alone.

We are social creatures and are made to be in community through the ups and downs of life. When you are ready, seek out support from a trusted source, whether that is friends or family, a church community or pastor, a support group, or a health professional.

2. All emotions are welcome!

Healing from any loss is not linear, predictable, and does not have neat steps. Be kind to yourself and seek to accept whatever emotions arise in you on your journey.

3. Do your best to engage in healthy activities that bring rest and pleasure.

Go to nature, meditation, or prayer, reading, games, and exercise rather than “screens” to find leisure. This will help improve sleep as well, as that can be difficult when going through a grieving process.



“Healing happens with other people,”
says Bria, Mental Health Therapist:

Finding a way to make meaning from our suffering can be helpful. Leaning into your values and belief systems in times of trial can bring encouragement and a sense of hope. Often, we can gain wisdom, strength, and greater intimacy in our relationships after grief and loss.

Remember, you are not alone in the loneliness.

Sharing a Family's Message of Thanks



Mike at Catholic Charities
Adult Day Center

“To explain all the details of all the ways my brother has flourished and benefitted from the ministries of your Godly work would fill more pages you wouldn't have time to read. Jay and I are so grateful to your staff at the N. 60th Street location. How devoted and loving! Mike has turned 80 years old and is aging, but Catholic Charities is still there ready to adapt to his changing needs and ever so vigilant in communicating with his Group Home and us about their concerns.

“What an important and happy part of Mike's day is his time at Catholic Charities. Thank you for the beautiful pamphlets we received this year. There is so much Catholic Charities does with a vast outreach, a funnel of what it means to be “In Christ” by exhibiting answered prayer, real joy, and the spreading of the Gospel. Mike is so blessed to be able to receive such enriching programs.”

- Sincerely in Christ, Jay & Linda (sister of Mike)

Volunteers Provide Comfort to Mothers in Need

“I thought it was important to, in some way, support women in carrying their babies through birth. After being a volunteer at Catholic Charities for nearly five years, I knew the quality of the staff and the programs. I felt it was exactly the right organization to receive donations from my parish, St. Joseph's Catholic Church in Wauwatosa.

“I reached out to the program director for advice on how I could help. I then began running **Baby Showers** on a regular basis at my parish. I am proud to have been able to offer support in this way to women in need.”

- Tim



Tim & his wife, Dena, with donated baby items

Thank you, Tim, and St. Joseph's Catholic Church in Wauwatosa, for your care and compassion shown to mothers in our Pregnancy & Parenting Support program!



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