

SPRING 2015

pathways

CATHOLIC CHARITIES OF TENNESSEE

PATHWAYS
TO POSSIBILITIES

Advocating
for people in need

on the cover:

Loaves and Fishes: warm
welcome, warm meals
(page 8)





ACTS OF LOVE,
GOODWILL
AND KINDNESS

www.cctenn.org

30 White Bridge Road
Nashville, Tennessee 37205
T 615-352-3087 F 615-352-8591

Our Mission

Following the example of Christ, Catholic Charities of the Diocese of Nashville advocates for and provides services which enhance and enrich the quality of life for people in need.

Catholic Charities of Tennessee, Inc. provides its services in accordance with the Rights under Title VI of the Civil Rights Act of 1964 that prohibits discrimination on the basis of race, color or national origin.

Catholic Charities of Tennessee, Inc. is a licensed child placement agency of the State of Tennessee.

Contributions can be made online at www.cctenn.org



"With support of the United States Department of State/Bureau of Population, Refugees and Migration".



2015 Event Co-Chairs
Katherine Duck and Greg Mays

2015 Campaign Co-Chairs
Ned Spitzer and Portia Wells

Pathways to
POSSIBILITIES

2015 phantom luncheon

Presented by Knights of Columbus Insurance; Copperweld Bimetals; Taylor, Pigue, Marchetti & Blair; and Chris & Bubba Donnelly

You are cordially invited
NOT to attend Catholic Charities of Tennessee's 2015 Pathways to Possibilities Luncheon...WHAT??

You are invited **NOT** to attend since our 2015 luncheon is a phantom event, just perfect for busy people!

Just think...no crowds, banquet meals, or parking jams!

- You **ARE** invited to support the cause, though. The **Pathways to Possibilities** funds we raise are vitally important to our ability to meet our neighbors' needs.
- You **ARE** invited to learn more about our agency, too. See the many ways that we extend helping hands to people in need wanting to improve their lives by strolling through our website www.cctenn.org.
- You **ARE** invited to make a difference in the lives of people seeking pathways out of poverty. Donate today via our website's secure on-line donation site www.cctenn.org/donationsdetails.cfm?id=d8.

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As of April 15, 2015. Go to our website to see who else has joined the team.

Please make a donation to support our phantom luncheon TODAY!



Counseling:

ACCESSIBLE & AFFORDABLE AT
CATHOLIC CHARITIES

Catholic Charities has offered individual, couples and family counseling in Middle Tennessee since 1964. We help strengthen relationships, provide healing from trauma and loss, and address issues such as depression and anxiety.

Our counseling is affordable due to our sliding fee scale which allows us to serve all people, including the uninsured or underinsured. Counselors tailor the sessions to each individual and provide practical skills that enable our clients to experience healing and learn healthy coping skills.

With a combined 90 years of Catholic Charities service, our counselors bring knowledge and expertise to our clients. We believe every person deserves to experience peace, healing, and balance in their lives.

To schedule an appointment to meet with a licensed therapist at the St. Mary Villa Campus, 30 White Bridge Road, call 615-352-3087. We also have satellite offices in Franklin, Murfreesboro and Old Hickory. Spanish-language counseling also available.

FROM THE EXECUTIVE DIRECTOR



Welcome to the inaugural issue of *Pathways*, our newly redesigned agency newsletter!

The launch of *Pathways* is the latest step in a string of communications initiatives over the past few years designed to help us better connect with you through the stories of our work in the community as told by clients, volunteers, and staff.

Our new-and-improved website (www.cctenn.org) was unveiled last July, offering easier navigation to site visitors. The update offered easier access to volunteer opportunities, special events, on-line donation services, and, most important, to service descriptions, so that those in need can connect with our staff more quickly.

This change has been supported by an extremely active Facebook page, the creation of a multi-use blog program, and the establishment of our new e-newsletter series.

The new name for our redesigned newsletter is intentional. “Pathways” has proven to be an apt description for what we do. Clients often come to us well after their problems have begun. They are overwhelmed. Nothing seems to work...they need help.

Through the expertise and insights of our staff, and the valued support of our volunteers and supporters, we are able to create a new path for our clients to navigate...one that provides hope and possibilities. In time, they see that their dreamed of new life, indeed, may be possible after all.

Thank you for the many ways that you help us help our neighbors in need. We can't do what we do without you!

Executive Director
Catholic Charities of Tennessee



Rollercoasters of emotions

NINA GILBERT, LMSW, HOPE COUNSELOR

The HOPE Program is a free program to children 5 to 18 years old living in Davidson County who, in some way, have been affected by violent crime(s). HOPE is funded by the Office of Criminal Justice of the U.S. Department of Justice.

Nina Gilbert is a HOPE Program trauma counselor, providing trauma-focused counseling to children affected by crime. She joined Catholic Charities in early 2013. She earned her Master of Social Work at Fordham University.

Children who have experienced trauma, whether a one-time occurrence or ongoing stress (such as domestic violence), often have an over-stimulated parasympathetic nervous system. In other words, they are living their lives in a high state of arousal which can lead to behaviors like aggression, trouble sleeping, and difficulty concentrating. Trauma can also set a child on a rollercoaster of emotions, making it hard to calm down, stay focused or to trust the world around them.

Rollercoasters of emotion are something I know well. As a broke, impulsive, 20-something living in New York City not that long ago, I found myself in the middle of complete physical and emotional chaos. On one hand, I was having a lot of fun exploring the city and getting to know new people; on the other hand, I was sleep-deprived, stressed and feeling lost. It was then, after discovering yoga and beginning its regular practice, that I was able to bring balance back to my life

When I first started working with my clients, I quickly found that I was opening up deep emotional wounds during our counseling sessions. Since I see children during school hours, it became apparent that I needed to find a way to help my clients calm down before I sent them back to class.

Yoga proved to be the perfect way to do that. I started by teaching deep breathing and yoga poses at the close of our sessions. The kids loved it!

Today, yoga and breathing are the bookends of my counseling sessions. We begin with yoga and we end with yoga; it helps contain all of the emotions that happen in between.

Current scientific research abounds with studies showing how yoga reduc-

es stress. Its purpose is to help ease the mind by calming the body. Yoga postures and breathing help the body release and relax, which, in turn, sends signals to the brain that everything is OK. This is the root of why yoga helped me in my 20's and it is the same principle that helps my clients now.

Here is an example of its impact on one of my clients, an 8 year old boy. We were talking about some pretty difficult stuff that had happened in his life that day. He was crying and clearly distraught.

As we were moving toward the end of our session, I asked him to stand up with me and we did our breathing, balancing, and warrior poses. I told him just to focus on his body and his breath as I guided him through our closing series.

Those brief moments of reprieve from thinking about his life helped to calm him down and restore a sense of control for his world. The lesson was that although we cannot change what happened, we can be strong enough to manage it. Through yoga, he could better manage.

The results are pretty consistent. Yoga introduces a way to calm down in a crazy world, and it's something the kids can take with them, even after they have graduated from the program.

Those brief moments of reprieve from thinking about his life helped to restore a sense of control for his world.

PROGRAMS TO ASSIST CHILDREN AND PARENTS

Providing Hope and Helping Children Cope

The HOPE program provides trauma-focused individual and group counseling for children who are considered secondary victims of homicide or victims of assault. These children have family members or friends who have been murdered, witnessed homicides/assault, or simply live or play in neighborhoods where homicides and/or assaults happen and are experiencing changes in emotions and behaviors as a result. A child meets with a counselor for several individual sessions and then joins a group based upon age and individual trauma/grief circumstances. Group meetings use interactive activities to engage the children on topics including safety, worry, fear, hurt, anger, and victim vs. survivor thinking. The HOPE Program is free to children and teens.

For more information, contact Lisa McGovern at lmcgovern@cctenn.org or (615) 352-3087.

Creating Hope by Assisting Parents

The Creating Hope by Assisting Parents (CHAP) program provides parenting education, crisis intervention and case management for families desiring assistance. A CHAP counselor will help recognize and reduce everyday stressors such as financial worries, changes in family structure, isolation, and/or lack of transportation. This program is also designed to improve parental effectiveness by providing a clear set of positive parenting skills and strategies that can be used immediately to address a variety of child-rearing challenges and problems. A unique aspect of the CHAP Program is providing in-home services which allow parents the opportunity to practice learned skills in their natural environment. The CHAP program is free and voluntary for families in Davidson and Montgomery counties and Bedford County for Spanish-speaking families.

For more information, contact Vickie Lawson at vwatson@cctenn.org or (615)352-3087.

Long Ago Calling

brings laughter and love
to single adult,
two boys



At 17, Moreen was a typical teenage girl in Middle Tennessee. Her head was filled with many exciting plans and dreams for her future.

One plan she was not quite prepared for, though, was a message that came to her one Sunday while in church around that time. The thought in her head, she now believes, was a calling from God. The message told her to seek out, adopt, and raise children who needed her love and protection.

At 17, it was a very confusing message. As would be the case with most girls that age, Moreen quickly dismissed the moment and went on with her life.

Over the next 30 years, Moreen went to college, built a career, stayed involved with her church, helped care for nieces and nephews, and fostered several children.

For some reason, though, that message about adopting that seemed so confusing more than two decades earlier never really left her. In fact, it grew stronger over time.

By her late forty's, a few years ago, Moreen's message had evolved into a calling and she was, even as a single adult, compelled to act on the call and adopt boys to raise as her own. She wasn't quite sure how, though.

It didn't necessarily seem logical, but "I knew that I had to be an active part of helping my community raise boys into men of character and quality," she shared recently.

She called a friend at Catholic Charities of Tennessee and learned about the agency's Foster to Adopt program, which places older children who are in state custody with permanent, loving families. She applied and was accepted as a prospective foster parent.

In 2012, Moreen was matched with two brothers, James (age 10) and Jauan (age 7), who desperately needed a stable home with caring adults to nurture them.

In the very early days, Moreen and the boys spent time together visiting with the assistance of a caseworker. The boys had experienced much trauma in their short lives and needed a great deal of attention and time to adjust.

Although mixed with a blend of anxiousness and uncertainty, Moreen began to know in her heart that she was making the right decision to pursue a formal, legal relationship with the boys when James and Jauan subsequently came to her home for a visit.

"Jauan went outside after touring the house and ran in circles around the backyard happily yelling, 'I'm home! I'm home!'" she shared as tears welled in her eyes. Shortly after this visit, James and Jauan came to live with Moreen as foster children.

The adoption was finalized in 2014.

Since then, "the biggest adjustment is that my home is no longer quiet and calm,"

Moreen said. "It is no longer what I had become accustomed to living on my own."

However chaotic it is on some days, though, nothing could tear Moreen away from the laughter that resonates throughout the house now.

Her sons, though very different in personality and interests, make it their job to entertain Moreen with their lively stories and comical acrobatics.

Moreen has found major support from her own family, friends, and the church she grew up in, where the family remains active.

Moreen, James, and Jauan are a family. That confusing message from so long ago now is crystal clear.

**Adoption
Recruitment Specialist**

Denise Todd-Cottrell
dcottrell@cctenn.org
615-352-3087

FAMILY EMPOWERMENT: LEADING FAMILIES TO FINANCIAL STABILITY

Shockingly, more than 2800 Davidson County public school families consider themselves “homeless.” Unfortunately, this figure is likely understated; it includes only the children of families that have actually reported their status to Metro Schools.

In an effort to help these families find stability and self-sufficiency, Catholic Charities of Tennessee initiated its Family Empowerment program in September 2014, in partnership with Metro Nashville Public Schools and Safe Haven Family Shelter. Key funding was provided through a United Way of Metropolitan Nashville grant and the Diocese of Nashville.

Gelila Feyisa is one of three case managers that work under the guidance of program coordinator Matt Preston. Her job, simply put, is to assist families who are at risk for becoming homeless or have already fallen into homelessness.

“Many times families are living in apartments with extended family members where there is not enough room to accommodate all the occupants,” she explained. “This can create a very tense family life when combined with a lack of financial resources, such as enough food to feed everyone on a daily basis.”

“Families come in all shapes and sizes,” Feyisa continued. “They are working with a variety of issues that can keep them from prospering. My job is to remove barriers and help them find success in providing for their families.”

Feyisa works with families referred by Metro Public Schools and helps connect them with a broad array of services dealing with specific poverty-supporting issues. Counseling, housing, employment, transportation, health care, and basic necessities are areas typically addressed by a family desiring to move toward self-sufficiency.

Recently, a client (we will call her Jane) met with Feyisa to discuss possible assistance. She was a single mother of a teenage daughter. Jane’s lack of adequate, reliable transportation made it extremely difficult to maintain full-time employment, so Jane struggled to support her small family. They were temporarily living with Jane’s sister, but the arrangement was putting a strain on both families.

Jane and Feyisa began to piece together a plan. First, they found solutions to allow Jane to manage full-time work. To help her get to work, Jane received bus passes for transportation. Finally, Jane was encouraged to pursue child support.

With increased income available for Jane and her daughter and community partner programs available to assist with deposits and partial month’s rent, Jane found affordable housing for her and her daughter. She also signed up to attend financial literacy classes at an area Financial Empowerment Center.

A big step came when Jane and her daughter were welcomed into a Support Circle. (Support Circles allow community members to circle around Jane and her daughter to provide mentoring encouragement and suggestions for maintaining life on their own.) Jane is also eligible to receive up to two years of case management support from Catholic Charities.

“Helping families move out of homelessness can be challenging; so many factors come into play that have brought them to this point,” concluded Family Empowerment case manager Gelila Feyisa.

“It is incredibly rewarding to work with these families desperately wanting to take care of their children, spouses, and other family members, and provide them with a good life.”

Time and again, the research is proven, she said. “They can make huge progress with encouragement and guidance delivered compassionately.”



The Family Empowerment Program is most effective when working with our partners:

United Way of Metro Nashville, The Diocese of Nashville, Metro Public Schools, Safe Haven Family Shelter, the Salvation Army, the Family Financial Empowerment Center and the Madison Family Resource Center.

Since the program began in September 2014, the staff has received 150 referrals from Metro Nashville Public Schools, worked with 51 Families in the Family Empowerment Program and has moved 16 families into permanent housing.

The program offers the following services to families in need:

- One-on-one, long-term case management to ensure that families are securely connected within their communities
- Works in partnership with financial counselors to create a personalized budget and to repair credit enhancing household credit-worthiness
- Assists families in acquiring and/or maintaining affordable, sustainable housing
- Works with Metro Nashville Public School officials and families to help promote smooth transitions for school transfers and to ensure that students are meeting academic expectations
- Provides referrals for families to acquire affordable healthcare
- Refers families for resources to meet personal, financial, and educational goals, assisting with follow-up to ensure maximum effectiveness of each referral

For more information,
Matt Preston,
Program Coordinator
615-352-3087
mpreston@cctenn.org



helping the homeless

JACKIE ROGERS, VOLUNTEER,
LOAVES AND FISHES
COMMUNITY MEALS FOR THE HUNGRY



I am a Nashville native and lived most of my early years in Donelson. As an adult, I moved to West Nashville for work and have been there “forever”!

Growing up, for me, was pretty good. I never really had much exposure to homelessness until several years ago, while working at Ford Glass Plant. A co-worker asked me to help fix food once a month for the homeless at 42nd Avenue United Methodist Church. We did that until my friend retired. When he did, that ended my involvement with 42nd Avenue.

After that, I made some friends at Christ Presbyterian Church; we took coats to the homeless at Tent City. That’s been a while, too, though.

When I retired from Ford about 10 years ago, I knew that I wanted to get back involved with helping the homeless, but I didn’t know how. I looked around a little, but nothing seemed right.

Then, I told myself, “Jackie, you’re Catholic. Why not look at your own church to help?” That’s when I learned about Catholic Charities and Loaves and Fishes.

I called Wendy Overlock and told her I wanted to volunteer. “How often?” she asked. “Every Wednesday,” I said. I was assigned to the dining room and immediately fell in love with it...and the people.

My primary duty - self-assigned - is ticket distribution. (Everyone must have a ticket to be served. That helps Wendy and her team keep track of how many meals are actually being served each day.)

Usually, I arrive around 10:00 a.m. Each day, the meal ticket has a different color, so first I take off the old stickers and put on that day’s color.

I get to greet everyone who arrives. In fact, I stay near the door for the entire meal, so that everyone is warmly welcomed.

Guests and I chit chat and, for those who want or need it, I give out hugs, too.



(An early lesson I learned is that not everyone wants a hug; not everyone wants to be touched. And that's OK.)

Honestly, I look at each of us as brothers and sisters. I don't see "different" when our guests arrive or when we visit during a meal. We all have the same Father. That's how I look at it.

On Wednesday, when I am there, I help sweep and mop the floors after our guests leave, to get the center ready for the next time. (That's actually my "labor" part of the day. Welcoming guests to Loaves and Fishes is NOT work...it's a joy!)

Why do I do this every Wednesday? I don't know for sure. Some tell me that I just have a giving heart.

I don't know if that is true or not, but I do know that I've got love that I've got to give out.

Others have referred to what I do as a ministry. I'm not sure about that either. I just know that being with the folks at Loaves and Fishes each Wednesday is what I was put here to do.

I want them to see Jesus in me and simply offer what I think of as "pure love" to them. Isn't that what Jesus is...pure love?

I couldn't make it through the week without being there.

Food for our neighbors

When we are generous in welcoming people and sharing something with them—some food, a place in our homes, our time—not only do we no longer remain poor: we are enriched. ~ Pope Francis

In periodically meeting with legislators on issues of key concern, promoting community awareness of issues impacting our clients and region, and continually illustrating our values [Service to the poor. Respect. Integrity. Compassion. Diversity.], we advocate for people in need.

Loaves and Fishes, Community Meals for the Hungry

Every Monday, Wednesday and Saturday, the Loaves and Fishes program provides a hot midday meal to the hungry and homeless in East Nashville without restriction of religion, race or proof of need. Each week approximately 600 meals are served to our guests in a caring environment. Guests of the program are also provided referrals to appropriate services for housing, additional food, and clothing within the community. The program operates in the Parish Center of Holy Name Catholic Church, located behind the church at 508 Main Street. For more information, email woverlock@cctenn.org or call [615] 256-7256.

Perishable Food Distributions

Twice a month, Catholic Charities of Tennessee partners with **Second Harvest Food Bank of Middle Tennessee** to increase the availability of perishable foods to low income households in East Nashville and South Nashville. The distributions typically consist of up to 10,000 lbs. of fruits, vegetables, dairy products and baked goods. The distributions bring more nutritious foods into households which may not typically be able to afford them on a regular basis. The goods are provided to recipients at no charge.

The East Nashville distribution usually takes place behind Loaves and Fishes (Holy Name Parish Center -- on the 5th Street side of the building) on the first Friday of each month. The South Nashville distribution typically occurs behind Our Lady of Guadalupe Church (Nolensville Road) on the third Friday of each month.

Volunteers are needed at every food distribution to assist in handing out food. For more information, email woverlock@cctenn.org or call [615] 256-7256.

Food Boxes

The South Nashville Family Resource Center (SNFRC) offers monthly emergency food boxes to clients who live in the area. For more information about obtaining a food box email lhayes@cctenn.org or call [615] 834-1944. SNFRC is located at 4928 Edmondson Pike.

The North Nashville Outreach Center (NNOC) serves clients living in zip codes 37208, 37218, 37228 and portions of 37203 and also distributes emergency food boxes. For information about obtaining a food box email kgrae@cctenn.org or call [615] 242-1554. NNOC is located at the McGruder Family Resource Center [2013 25th Avenue North].

REMEMBERING AND HONORING LOVED ONES

Generous donations were received IN MEMORY OF:

Jacqueline Lee Baird Plott
The parents of Mukul Banerjee
Mabel Behles
James P. Bolcar
Anna Buddington
Bill Coakley
Woodrow Coleman
Glenn and Rosemary Cummins
James and Carol Dick
Ivo Dillon
Kay Dubose
Jacob Endemann
Jake and Irene Erlbacher
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Ann Fortier
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Elizabeth Ann Wallace
Richard Wood
Chandler Wynne

Generous donations were received IN HONOR OF:

Eileen Beehan
Rev. Joseph Breen
Mr. and Mrs. Robert G. Calton Jr.
Joseph Campbell
Patrick and Angela Carr
Sister Marie Celine
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Barbara Hillebrand
Rev. Robert J. Hoffstetter
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David and Arlene Johnson and family
Drew and Jean Marie Karazin
Rev. Patrick Kibby
The Lafond Family
Hallie Bishop Leegon
Kevin McDougal
Jane McEvoy
Sister Elizabeth Miller
Michael Miller
Wendy Overlook
Joseph L. Piot
Cheryl Roggensack
Barbara Rowland
Charles and Debbie Sanders
Elaine Servais
Charles Strobel
Margaret Sumonka
Donna Thomas
Monica and Thor Urness
Elizabeth Ann Wallace
Desaree Williams

*Donations received between
October 1, 2014 and March 31, 2015.*

THANK YOU TO THE FOLLOWING ORGANIZATIONS AND INDIVIDUALS

Individual & Family Counseling

University of Tennessee College of Social Work, St. Stephen Catholic Community, St. Philip Church, St. Rose of Lima Church

Loaves and Fishes

Volunteers

Mission Advancement

Pete and Claudia Weber, Suzanne Lafond, Wesley Johnson, St. Thomas Health, Pinnacle Bank, The Diocese of Nashville, Taylor, Pigue, Marchetti & Blair, Nashville Electric Service, Turner Construction, Deloitte Tax, Bluebird Wines, The Burgundy Group, The Honorable William H. Frist, MD

North Nashville Outreach

St. Henry Church, Cathedral of the Incarnation, Christ the King Church, St. Matthew Church, Volunteers

Pregnancy Counseling & Adoption Services

Nashville Diaper Connection

Refugee Services

Mary Queen of Angels, St. Matthew Church/School, St. Ignatius Church, Embassy Suites [Donelson], Wyndham Hotel Nashville, The Center for Student Missions, Community Resource Center, Towne Centre Theatre, the many individual donors throughout the year

School Counseling

St. Rose Church, St. Pius Church, St. Ann Church, St. Edward Church, Immaculate Conception Church, Holy Rosary Academy and St. Joseph School

Victims of Crime Assistance

Donors through Amazon wish list, Sanctuary Yoga

**And all of you who support us
with your time, talents, treasure
and prayers!**

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Catholic Charities has two easy options for giving back as you go about your shopping. Utilize the Amazon Smiles Program and Kroger Community Rewards Cards when you make purchases and a small amount comes back to Catholic Charities at no extra cost to you. Small gifts add up to large dollars, so don't wait. Help us provide those in need with paths to self-sufficiency. See below for details.



Go to www.smile.amazon.com to choose Catholic Charities of Tennessee as the organization you wish to support. Then just do your Amazon shopping at this website and they will donate a portion of the proceeds to us!



Go to www.kroger.com/communityrewards to sign in or create an account associated with your Kroger rewards card. Then choose Catholic Charities of Tennessee as the organization you wish to support. After that, it's easy! Just use your rewards card to do your Kroger shopping and they will donate a portion of their proceeds to us.



Wish list

Geriatrics

ledwards@cctenn.org
615-352-3087

Kleenex, paper towels, women's long Poise pads, fresh fruit

Hispanic Family Services

ariggs@cctenn.org
615-445-8310

School supplies such as glue sticks, crayons, construction paper, scissors, pencils, and stickers; diapers and baby care items

Individual & Family Counseling

lmcgovern@cctenn.org
615-352-3087

Stuffed teddy bears

Loaves and Fishes

woverlock@cctenn.org
615-256-7256

White socks, travel size sunscreen, travel size bug spray

North Nashville Outreach

kgrae@cctenn.org
615-242-1554

Frozen meals, snacks

Pregnancy Counseling & Adoption Services

rhedegard@cctenn.org
615-760-1025

Baby wipes, infant clothing

Refugee Services

bnappo@cctenn.org
615-760-2766

Pack-n-Plays, diapers, wipes, basic cleaning supplies, basic toiletries, working vacuums, shower liners & hooks, can openers, wooden spoons, blankets of all sizes, alarm clocks, couches, loveseat, kitchen table with or without chairs, small dressers, end tables, lamps

School Counseling Wish List

lmcgovern@cctenn.org
615-352-3087

Art supplies like watercolor paint, sketch and paint pads, glitter, play doh, paintbrushes, the UnGame, a therapeutic game found at Walmart or on Amazon.com

Victims of Crime Assistance

ngilbert@cctenn.org
615-352-5827

The Hurt book (by Teddi Doleski), yoga mats, coloring markers, white pillowcases, poster size notepad with adhesive, Play doh, granola bars and juice boxes

30 White Bridge Road
Nashville, TN 37205

ACTS OF LOVE,
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Daniel.Schachle@kofc.org

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MEMBER ON OUR WEBSITE:

WWW.KOFCTNAGENCY.ORG

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