



The Mission

Care With Dignity ... Life With Hope

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Kindness Grows In Freeport

“I had a client insist on taking green tomatoes. I told her to wait but she said she would let them ripen on her windowsill. She wouldn't leave without them because she was afraid there'd be none left. That's why I started this garden,” explains Mohamed Bacchus, a veteran of Catholic Charities' Commodity Supplemental Food Program (CSFP) in Freeport.

CSFP delivers more than 10,000 packages of free, nutritious foods to Long Islanders every month through offices in Freeport and Wyandanch and via mobile units that make stops throughout the Island. While it provides staples such as rice and canned fruits and meat, Mohamed, an avid gardener, was struck by how many clients bemoaned the absence of fresh produce in their diet. He responded with vegetables from his home garden but found he simply couldn't meet the need.

That's when he asked supervisors if he could cultivate the unused property around the building. Within months, he and

co-workers David and Ramone had a bountiful garden underway, helping CSFP clients eat healthier, more balanced meals. Together they grow tomatoes, onions, eggplant, string beans, peppers, squash, and basil. Mohamed plans on more variety this coming year but notes “people mostly want tomatoes and cucumbers.”

When asked why he does it he explains, “I'm not a nutritionist but everybody knows fresh vegetables are better for you. But they're expensive so poor people skimp on them. And most people don't know anything about gardening. So I share my passion and hope it does some good.”

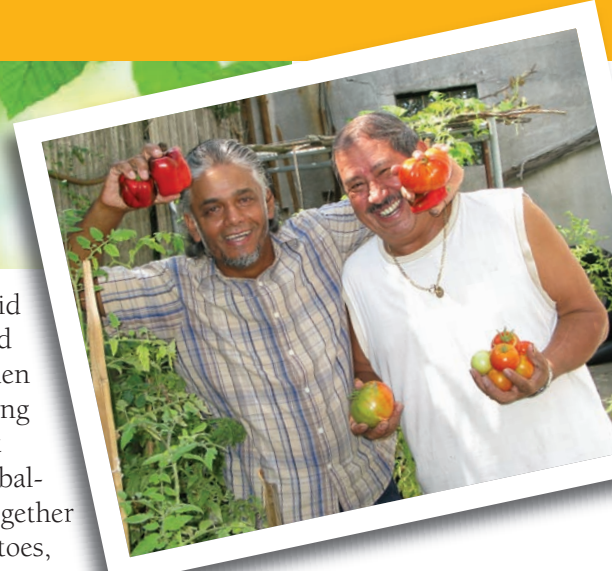
Co-worker David adds, “It is his passion. Mohamed loves this garden. Each plant is like a child to him.”

Mohamed smiles, “I worked on a farm with my dad so it's second nature for me. And in Guyana we always shared with our neighbors first.”

Program coordinator Martha Graziano notes, “This is a labor of love. They tend the garden tirelessly and Mohamed brings all the seeds and materials from home. He even makes his own mulch and shares recipes. That extra mile defines a Catholic Charities employee.”

Mohamed sheepishly responds, “I just wish I had a little more land. Then I could grow enough for everybody.”

If only the property matched the size of his heart.



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Healthy Families Start With Healthy Moms

Our New Bi-County Women, Infant & Children (WIC) program

“Healthy communities start with healthy families. Moms are at the core of family life so our goal is reach them and give them the tools they need to be happy and healthy,” explains Barbara Shea. Barbara is the coordinator of Catholic Charities’ latest effort to help Long Island’s families, the **Women, Infants & Children (WIC) program** which opened its doors in August of 2010. Its mission is to improve the nutrition and health of low-income women and their little ones by offering a range of services that include food assistance, nutrition and health education, and health screenings with referrals to health care and human services. With Catholic Charities’ access to the Catholic health care system of Long Island and our history of outreach through 133 parishes, we were a natural choice when federal and state authorities sought a local agency to administer a bi-county program in Nassau and Suffolk.

The decision was a sound one. In its few short months of operation, our WIC program has served nearly 900 women and children who may not have otherwise had services. “These are good mothers who need a little help,” explains Anne Boehl, a nutritionist with the program. “They choose Catholic Charities because of the compassion our agency is known for. They value the relationship with us.”

The program is open to all low-income women, pregnant or post-partum and their children up to age five. But Anne points out that WIC is not a welfare program and that qualifications are very different. “There are working people that qualify for WIC because they can’t make ends meet. That’s why we encourage any mom who needs help to at least call and inquire.” The number is (516) 377-0157.

Barbara adds, “We’re like family. You can come to us for some help, support, and a little guidance. That’s a pretty great thing to be a part of.”



Lord, you have
been our dwelling
place throughout
all generations.
Psalm 90:1



Home sweet home...

“Unfortunately, there are lots of people facing the same problems I did,” observes Josephine as she explains how she came to live in Catholic Charities Senior Housing. “I owned a home with my husband, who was having serious health problems. It was pay the doctors or the mortgage, so we gave up the house. It was a blow, but we had each other and we knew that together we’d be fine.” Unfortunately, her husband grew more ill and when he passed away Josephine couldn’t keep up the apartment’s rent on her small, fixed income. She had to move in with family. “I was perfectly capable of living on my own,” she says, “but finances were keeping me from my independence.” That’s when someone told her about Catholic Charities’ newly constructed Bishop McGann Village for seniors. Not long after being placed on a waiting list, Josephine was invited to live there and has been a resident ever since. She’s now 91, happy and active. Josephine adds, “I lead a happy and independent life. And I love it here. My friends are a family to me, so it’s a lot more than just a place to live.”

From Our Mailbag



From a Regina Residence "graduate"

Way back in the 70's, I was an unwed teenager who was pregnant. Catholic Charities did for me what my mother refused to do. Enclosed is a gift which I send to Catholic Charities for taking care of me way back when. I only wish it was more. With heartfelt thanks. V.

From one of our Oceanside seniors

Without the Catholic Charities Oceanside Senior Center my life would be meaningless and so I thank you for giving me a reason to arise every morning. Thank you. S.



We turn cars into **CARE**

Now you can donate your car, truck, boat or motorcycle to Catholic Charities and help us help your Long Island neighbors. It's quick and easy to do. We're standing by to schedule a convenient pickup and provide confirmation of your donation.

Call (877) 507-GIVE (4483)

and we'll take care of the rest.

The car in your driveway can bring nutritious meals to countless seniors, provide teen moms and their babies with a home, and bring Christ's love in so many other ways.

We're Always There...

Dear Friends,

Were you fed up with all the snow?

I admit that at first, I was delighted as it set a festive mood for the Christmas holidays. Yet I know I'm not alone in saying I am positively thrilled that warmer days are finally melting the unbelievable mountains of snow that clogged our streets. The storms were indeed monstrously inconvenient. With endless shoveling, school cancellations, late trains and stranded automobiles, Long Islanders were much annoyed.

But let's put such hassles in perspective. For many of your neighbors on Long Island, the snow meant more than inconvenience. It was a precarious challenge to daily living. At Catholic Charities we saw a 158% increase over last year in requests for heating and utility assistance. Then there are the thousands of homebound seniors who rely on Meals-On-Wheels. For them, each snowstorm meant frightening uncertainty about when their next meal would come or if anyone would even be by to check on them.

But Catholic Charities was there for them, because **you** were there for them. Your kindness made it possible for us to help with over \$24,000 in utility assistance, as noted by *Newsday*. Because of you, our seniors did not miss a single Meals-On-Wheels delivery despite the storms. The program's dedicated employees were even featured on a *News 12* segment. You see, our commitment to the needy on Long Island is real and is recognized...

BUT NOT WITHOUT YOU.

I ask you to please consider a gift to Catholic Charities. By doing so, you will be there with us. And you will be remembered in the grateful hearts of those we serve.

Sincerely,

Laura A. Cassell
CEO, Catholic Charities
Diocese of Rockville Centre



Responding...

Our special thanks to these friends for helping us provide
Care With Dignity...Life With Hope.



Through a **United Way of Long Island** Weatherization Grant, Catholic Charities has made more than \$99,000 in energy upgrades to our numerous group homes for the developmentally disabled as well as our mental health residences.

Our 8th Annual Catholic Charities Golf Classic was again blessed with generosity and sunshine as 159 golfers raised more than \$160,000 at **The Huntington Crescent Club** while honoring Protiviti President and CEO, **Joseph A. Tarantino**. Special thanks to major sponsors: **Protiviti, Grant Thornton, Eileen and Tom Alexanderson, Jarro Builders, The Klaum Family, Donna and Larry Maggiotto, and Richard E. Meyer and Global Excess Partners, LLC.**

A warm welcome to **Bank of America**, our newest partner in caring for Long Island. Their gift of \$65,000 will be used to support 15 different Catholic Charities programs.

Thanks to a \$2,000 **CVS Caremark Community** grant, our dental clinic will bring more smiles to Long Island's poor.

JP Morgan Chase Bank continued its tradition of outstanding generosity to Catholic Charities with \$80,000 in grants to support our affordable senior housing and immigration and refugee programs.

Our heartfelt thanks to an extremely kind but **anonymous donor** who funded our Regina Residence's mentoring program for young moms to the tune of \$52,800.

We are grateful to the **Long Island Community Foundation**, whose Haitian Relief Fund presented our immigration and refugee program with \$30,000 to assist victims of Haiti's devastating earthquake.

The **TD Waterhouse Training Resource Fund** has donated \$2,697 to better prepare Catholic Charities to serve the needy of Long Island.

AROUND and ABOUT

The **New York State Association of Community and Residential Agencies (NYSACRA)** honored our entire staff at **Mother Teresa Residence** as well as **Adrienne Hunter**, our Residential Manager at Msgr. Fagan Residence for their outstanding care of people with developmental disabilities.

Catholic Charities sponsored a **Breast Health Seminar** at the Amityville Chapel. More than 100 people gathered to hear the Maurer Foundation speaker, who shared life-saving information.

Congratulations **Sue Bouffier**, program manager at our **Franklin Square Senior Community Service Center** who was presented the Rose Kryzak Senior Leadership Award by **United Adult Ministries**.

Congratulations to **Ambrosio Cardona**, a participant at our **Oceanside Senior Community Service Center**, who celebrated his 102nd birthday.

Thanks to **Catholic Charities Residential Family Group for the New Year's and Valentine's Day dances and for the upcoming St. Patrick's Day party**. This group is dedicated to creating fuller lives for their disabled family members.



90 Cherry Lane
Hicksville, NY 11801-6299
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The Mission
Development and
Communications
Department,
Catholic Charities,
Diocese of Rockville Centre
(516) 733-7028

Laura A. Cassell
Chief Executive Officer

Editor:
Scott Stepp

Writer This Issue:
Umberto Mignardi

Photos by:
Greg Shemitz

Design & Layout:
Jeff Thurau

Circulation Manager:
Jodi Taggart