

Today's

DEEDS



I Can Live On My Own

Your support gives Bob the dignity of living independently

When you ask Bob Schindele, "What if there weren't all these Catholic Charities folks who help you?" His answer is simply, "Maybe not too good, I think."

It wouldn't be good, because without your support of Catholic Charities, and the help of the committed, compassionate staff of Catholic Charities In-Home Program, Bob couldn't live independently.

Bob was born in Watkins, Minnesota. His father died when he was four, leaving his mother to care for three children, two of whom had mild developmental disabilities.

When he was 8 years old, Bob was sent to live at the state school in Owantonna. His brother was sent to a different state school. At the time, there wasn't special education programming at school districts, and it was

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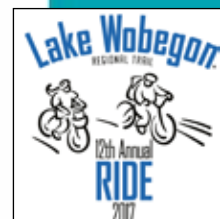
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Bob and Annie, his designated coordinator.



customary for all people with developmental disabilities to be separated from their family and community, to live in institutions with little ability to make choices for themselves.

When he turned 19, he moved to Willmar to live in a group home - a step closer to living in and being part of a community but, Bob wanted to live on his own.

In 1980, Bob moved to St. Cloud. His move was made possible, in part, because of newly constructed housing options in St. Cloud and because of Catholic Charities brand-new In-Home Program (then called SILS/Waivered.)

“It was much better than living in Owatonna or Willmar,” Bob said.

Bob was able to get involved in the St. Cloud community. He’s a huge baseball fan and gets to games when he can. Before his retirement, Bob held several different jobs and has participated in many community activities aimed at those with special needs (his favorite was bowling).

Bob said, “My staff help me to plan meals and cook. They help me grocery shop, keep my apartment clean and help me take care of my money and health needs. They help me shop for things I need.”

Bob has a staff member work with him at home or in the community four to five days per week, about three hours per day.

The rest of the time, Bob lives on his own just fine. He takes the bus where he wants to go, and relishes his time drinking coffee at local restaurants.

Bob is clear: it isn’t *just* Catholic Charities that has made the dignified freedom he’s enjoyed in the last half of his life possible, it’s taken many community resources: Stearns County Human Services, OTC, Complete Careers, Metro Bus (especially Dial-a-Ride), St. Cloud HRA, Project Challenge, and the Community Education and Adult Basic Education departments of District 742 in St. Cloud.

One of the accomplishments Bob is most proud of is receiving his GED in 2002.

Since Bob doesn’t have any family members locally, Catholic Charities staff members hosted Bob’s graduation party.

Staff are humble about their commitment to their clients. When Bob’s designated coordinator Annie explained that a volunteer from Bob’s church makes sure he is able to attend Christmas services, Bob looked at her, confused. “You take me to church on Christmas.”

Annie blushed a little, and explained that since they happen to go to the same church, when they go to church on Christmas, she’s a church volunteer.

Bob smiled, “And then we go look at Christmas lights.”

Wanted: Caring People

Our In-Home Program is part of Catholic Charities Services to Persons with Developmental Disabilities (SPDD). SPDD is consistently looking for employees with caring hearts and warm smiles – experience isn’t necessary! We’re glad to train compassionate people.

Most of the positions in SPDD are perfect for college students, they have flexible hours and a fair wage. If you know of someone who is a new student, or just someone looking for a rewarding position, please send them our direction!

Ask them to visit
Ccstcloud.org/Jobs or
to call 320.240.3337.





Living Our Mission

Dear Friends

One of my favorite parts of my job is visiting our programs and connecting with staff, volunteers and clients. Now, with 400 staff members, 3,000 volunteers and tens of thousands of clients, I haven't quite gotten to meet everyone in my first nine months.

I did get to meet Bob (featured on the cover of this issue) and Delores (featured on page 6) in July.

Bob came to our administrative building to chat with Trina, who writes *Today's Deeds*, along with Annie, his designated coordinator. It was touching to watch Annie interact with Bob. Had I been a stranger, I would have thought a young woman was playing cards with a relative to pass the time. Annie treats Bob like he is a member of her family.

I met Delores when I had lunch at Catholic Charities Senior Dining in Paynesville. She's been setting tables and helping in the kitchen for 25 years – nearly since the site opened!

The gentlemen I had lunch with that day were a lively bunch. They quizzed me about my former position, and I soon realized that

I was in the presence of very intelligent, highly skilled individuals who had quickly become my newest friends. Yes, they were retired, but they still wanted to be a part of a community, their community.

Meeting Bob and Delores reminded of the mission of our organization: *We build communities, promote family life and enhance human dignity by providing quality services to meet the physical, social, emotional and spiritual needs of individuals and families of all faiths and beliefs.*

Providing services that meet that description is a very tall order, and we can't do it without your support. Your gifts of your time, talent and treasure are what make the fulfillment of our mission possible.

My plan is to continue to visit more programs, and meet more clients, so I can better understand their needs and what our organization can do to better support both clients and staff.

If I meet you along the way, please, introduce yourself. I'd love to connect with you.

May God bless you and your journey.

Sincerely,

Stephen R. Pareja
Executive Director

Catholic Charities of the Diocese of St. Cloud



Connect with us

Be inspired at our Benefit Breakfast

November 30 will mark Catholic Charities 15th Annual Benefit Breakfast.

This invitation-only event shares Catholic Charities inspirational work, while seeking the consistent funding that makes it possible. We hope you'll accept our invitation.

This year's event will feature one of our Youth House residents, whose story of overcoming obstacles will bring you to tears.

While there is no fee to attend, attendees will be asked to make a financial commitment to Catholic Charities during the program.



Catholic Charities Benefit Breakfast will be held from 8 to 9 a.m. on November 30, 2017 at the River's Edge Convention Center in St. Cloud.

RSVP required to Nancy at 320.650.1643

Emily's Place



Residents making significant strides toward independence, sobriety

Emily's Place is more than transitional housing, it's a home.

The women at Catholic Charities Emily's Place all know the exact day they moved in to the well-kept house in the middle of an older neighborhood in St. Cloud.

For all four, their move-in day was a re-birth of sorts. Each had been fresh from some type of substance abuse treatment facility. Each had just waged a harsh battle on her addiction. All four of their bodies were free of chemicals, but now, each needed to rebuild her own life.

Emily's Place opened on January 4, 2016, for single women or women who do not have custody of their children. It is an extension of Catholic Charities Transitional Housing Programs, places where people who are homeless, or nearly homeless, come to re-build their lives before beginning their search for permanent housing.

Most women moving into Emily's Place have significant barriers: no car, no job, and no network of people to help and support them.

What each woman does have is a desire to change her life.

Residents must pay monthly program fees (in lieu of rent) and meet with staff regularly. In those meetings, staff and residents work together to

create opportunities and a plan that will get each resident employment, savings, and hopefully a support system that can sustain their sobriety.

"All of the women are working so hard to maintain their sobriety and to make a better life for themselves," said JoAnn Weir, Emily's Place Program Coordinator. "They have learned skills and discovered resources that help them in their day-to-day challenges."

Staff have recognized that as the groups of women change, the additional services they provide may change. For example, all of the current residents participate in a recovery program, but one of the residents (Kristin) struggles with anxiety in large groups. Since it would benefit all the women, staff arranged for residents to participate in a small Alcoholics Anonymous group at Emily's Place that utilizes volunteers from the community.

The women also meet at least once a month as a group for a meal and a house meeting.

JoAnn said, "I am extremely proud of the women at Emily's Place. Do they still have struggles? Yes; but they are gaining more independence and confidence in themselves."



Kari's Story

Kari came to Emily's Place on April 6th, 2016. Her substance abuse and related situations were so bad, she lost custody of both of her children. She hasn't seen them in over a year, and almost refused the chance to go to Emily's Place because she was so determined to regain custody.



"At my treatment program, they gave me the number to the homeless shelter. My mom lives out of state, my dad and sister are deceased. My brother can't help me. I had no place to go."

"Sometimes, the hardest things in life make you a better person."

"I don't know where I'd be if I wasn't here. I'm extremely grateful."

Kari is nervous about thinking too far in the future. She was expected to do 12 weeks of recovery work after treatment, but has chosen to continue for over a year – the entire time she's been at Emily's Place. Her main goal is to re-gain custody of her children.

All of the women are working so hard to maintain their sobriety and to make a better life for themselves.

They have learned skills and discovered resources that help them in their day to day challenges.

~ JOANN WEIR, EMILY'S PLACE PROGRAM COORDINATOR.



Kristin's Story

Kristin came to Emily's Place on December 28, 2016. She had just exited substance abuse treatment for the 9th time. She credits the treatment program for getting her sober, and Emily's Place for keeping her sober.



"Had I not moved in here, I would have gone back to my old situation – and probably back to drinking. When I moved in here, I didn't have a dime in the bank. It's helped me see that I can stay sober. I can do this."

Seven months ago, I came here with nothing. Now, I have a full-time job. I feel like I have a purpose, like I have hope."

Kristin's long-term plan is to reapply for her Registered Nurse Certification, and get her own apartment with a dog.

WHY I GIVE



Why I Give



25 years and still serving *Paynesville community appreciates efforts*

Delores Shoenharr isn't afraid of working. She's been volunteering in the dining room and kitchen at Catholic Charities Senior Dining in Paynesville for more than 25 years.

Long before volunteering, Delores was born on a farm in Adran, North Dakota, in a house with no running water, electricity or telephone. When her family moved to rural Paynesville in 1937, the situation was much the same.

Since she didn't have a brother, it was Delores who helped her dad milk cows and drive the tractor. She even operated the threshing machine during harvest in the fall.

Fast forward a few decades, and Delores had done the work of raising her five children on a farm with her husband. She moved into town after he passed. Shortly after her 60th birthday, Catholic Charities Senior Dining began serving noon-time meals in Paynesville. Delores was at the first one. "I turned 60 in March, the first meal was in July," she said.

Three to Four months later, someone asked if she would like to volunteer. At first she helped on Wednesdays, now she helps on Fridays. She arrives around 11 a.m. "I'm usually done by 1:30."

If you've been reading carefully, you've probably already done the math – Delores is in her mid-80s, sometimes helping to serve meals to people who could be her children. She's thinking she may put away her hairnet this winter, "But, if they're still needing people, I enjoy it!"

In April, Delores was honored for her work by the Paynesville Area Center (where senior dining meals are served). She recently received the Gladys Deadrick Outstanding Volunteer Award.

*Give it a try,
you might like it.
Just like I do!*

Catholic Charities Senior Dining and Meals on Wheels programs are always looking for volunteers—table setters, food servers, dishwashers, drivers – if you'd like to help, visit CcStCloud.org to find the location nearest you, or call 320.229.4584.

Merry Christmas!

Your \$100 will buy \$400 worth of food

Name (print as it appears on card) _____

Account/Card Number _____

Expiration Date _____ Signature _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

E-mail Address _____

Yes! I want to adopt a family for Christmas!

Please visit www.ccstcloud.org to volunteer to adopt a family.

(Plan on spending at least \$70 for each family member.)

Yes! I want to make a family's Christmas merrier!

Please accept my gift of

\$1000 \$500 \$250 \$100 \$50 \$25 Other _____

Use my gift:

____ For Catholic Charities Emergency Services Food Shelf

____ For Catholic Charities Holiday Toys Program

____ For Catholic Charities Share the Spirit Program

..... Please cut out coupon

Please cut and mail to: Catholic Charities
P.O. Box 2390, St. Cloud, MN 56302

To make a donation via credit card
call Kathy Lyon at 320-650-1646 or
visit our website: ccstcloud.org/donate.

*We respect your privacy. Information collected
will be kept strictly confidential. It will not be sold,
rented, loaned or otherwise disclosed.*

Allow us to be the first to wish you and yours a Merry Christmas! Celebrating Christ's birth should be a joyous time, and with your help, it can be, for MORE Central Minnesotans.

\$100 will help Catholic Charities purchase food for families whose budgets are stretched thin during winter months. With your \$100, we'll work with our partners to purchase \$400 worth of food, to be distributed to families in November and December.

Each year, Catholic Charities also looks for individuals and groups to adopt families and Share the Spirit of Christmas with them. Will you?

When you volunteer to be Santa, to adopt a family, you agree to:

- Spend \$60 on gifts for each member of the family
- Spend \$10 on a grocery store gift card for each member of the family

To help you in choosing gifts, you'll be given:

- The age of each family member
- Three "wants" from each family member
- Three "needs" from each family member
- The name of the grocery store where they usually shop



That's it. Giving to people in need. Isn't that what Christmas is all about?



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12th Annual Lake Wobegon Regional Trail Ride



All riders will start in St. Joseph and ride round trip to their preferred destination.

The eleventh annual Lake Wobegon® Regional Trail Bike Ride, a family fun event (not a race), winds its way through the communities along the Lake Wobegon® trail.

- 9 a.m. start, Saturday, September 9, 2017
- All proceeds benefit Catholic Charities Day Services at St. Cloud Children's Home and participating faith communities
- Bike ride starts and ends in St. Joseph: Return rides will not be provided except on an emergency basis

Route Options:

- St. Joseph to Avon - 8 miles (16 miles round trip)
- St. Joseph to Albany - 14 miles (28 miles round trip)
- St. Joseph to Freeport - 20.5 miles (41 miles round trip)
- St. Joseph to Melrose - 26.5 miles (53 miles round trip)
- St. Joseph to Avon - 35 miles (70 miles round trip)

There will NOT be return transportation this year

More information and online registration can be found at ccstcloud.org/wobegonride

