

**NEW HOURS
ALL LOCATIONS
8:00AM – 5:00PM
Monday – Thursday
8:00AM – 2:30PM
Friday**

Salina-Central Office

425 W. Iron Ave.
PO Box 1366
Salina, KS 67402-1366
785-825-0208

Manhattan-Branch Office

323 Poyntz Ave., Ste. 102
Manhattan, KS 66502
785-323-0644

Hays-Branch Office

2707 Vine St. #17
Hays, KS 67601
785-625-2644

Contact:

Michelle Martin
CEO / Executive Director
mmartin@ccnks.org

Eric Frank
Director of Development
efrank@ccnks.org

www.ccnks.org

Letter from the Director

As I reflect upon the completion of my first year at Catholic Charities, I remain extremely grateful to YOU and all of our faithful supporters. I am humbled by the amazing generosity and kindness of those who join in Catholic Charities' ministry.

We strive to be good stewards of your donations and look for ways to partner with other organizations to make the biggest impact in the communities we serve. I am proud that Catholic Charities employees work hard to determine what underlying factors lead clients to our doors and find ways to connect them with the services and resources they need within our agency and partner agencies in our area.

Sometimes our jobs can seem overwhelming because the needs are so great, but the uplifting stories and deep gratitude from clients help provide the encouragement we need to continue each day.

We hope this newsletter will provide you with a glimpse into the lives being changed with your support. Our successes would not be possible without YOU! On behalf of all the staff at Catholic Charities and the people we serve, I want to sincerely thank you for helping us bring *Hands of Hope* to those in need throughout our 31-county service area.

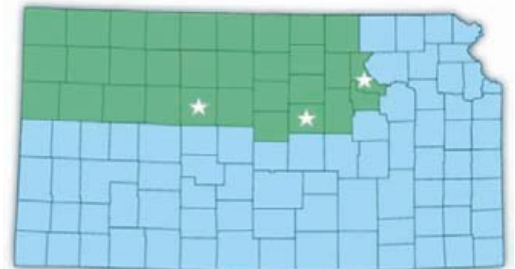
Many Blessings,



Michelle L. Martin
CEO/Executive Director
Catholic Charities of Northern Kansas



Inside: Krystal's family strengthens their bond as part of Catholic Charities Pregnancy Maintenance Program.



Service Area Map

If you are receiving duplicates of this newsletter, please contact Jeanie Warner at 785-825-0208 or jwarner@ccnks.org.

Working to reduce poverty in Northern Kansas

Pregnancy Program Celebrates 10th year

For 10 years, Catholic Charities has strived to help pregnant women deliver healthy, full-term babies through the Pregnancy Maintenance Initiative (PMI) program. Compassionate counselors and case managers work with mothers from the time they learn they are pregnant to six months post-delivery, and there is NO COST for the mother and her family to be a part of the program.

“We serve any pregnant woman residing in our 31-county service area from one of our three offices located in Salina, Hays and Manhattan who wishes to enroll and participate,” said Michelle Martin, CEO of Catholic Charities. “Our goal is to have both a healthy mother and full-term baby at the conclusion of each case.”

Jessica Palen, PMI Counselor in Manhattan, really enjoys getting to know the mothers and helping them navigate their pregnancies. “When a mother enters the PMI program, we work to set and meet health, educational, financial, relationship, housing, and safety goals for her and her family. Together we really dive in and figure out where she needs help to have the most successful pregnancy and home-life after the baby is born.”

“We often get referrals from our Emergency Assistance Coordinator,” said Peggy Crippen, PMI Case Manager in Salina. “When a pregnant woman comes to Catholic Charities in need of food or assistance with her rent or utilities, chances are she could benefit from the PMI Program. When a mother is struggling with basic needs, it is difficult for her to fully focus on her pregnancy, the baby’s health and her own health. We work with each woman enrolled to put a plan in place to focus on maintaining a healthy pregnancy.”

Laura Dunn, PMI Counselor in Hays added, “We form a bond with the mothers in the program, and it is always exciting when we get to meet their babies. It is a great feeling to know that we have helped them be as prepared as possible. If a mother is in need, we offer incentive items like car seats, cribs, diapers, wipes, maternity and baby clothes, and any other necessary baby items.”

In addition to the PMI program, Catholic Charities offers counselors and case managers to help educate and inform parents interested in considering adoption as an alternative to self-parenting.



*Catholic Charities
Pregnancy Counselors
and Case Managers
Jessica Palen,
Manhattan;
Laura Dunn, Hays;
and Peggy Crippen,
Salina.*

LICENSED COUNSELORS

All three Catholic Charities offices provide licensed mental health services for individuals, couples and families. Insurance is accepted. A sliding-fee scale based on income eligibility is an available option. Call the office nearest you to make an appointment.

LEAVING A LEGACY ...

Please reflect on your personal commitment to our ministry and thoughtfully consider Leaving a Legacy to Catholic Charities through: *Planned Gifts (Wills and Trusts), Stock Donations, Transfer of Assets (livestock, grain, real estate, etc.), an Honorarium or Designated Memorial.*

Contact Eric Frank, Development Director, for more information at 785-825-0208 or efrank@ccnks.org.

Baby Bottle

CAMPAIGN

FILL A BOTTLE,
CHANGE A LIFE.



THANK YOU FOR YOUR SUPPORT!

Each year around Mother’s Day, the Hays and Manhattan parishes organize a Baby Bottle Campaign to support Catholic Charities programs for mothers and babies. The Annual Baby Bottle Campaign, going on now, is a celebration of family, life, and love between mothers, fathers and children.

If you or your parish would like to hold your own Baby Bottle Campaign and raise money for Catholic Charities, please contact Eric Frank, Development Director, at 785-825-0208 Ext. 206 or efrank@ccnks.org.

Elsa Gets Help During a Difficult Time

Elsa typically worked a full time and a part time job, but making minimum wage she struggled each month to pay her bills.

“Daycare is so expensive. I made too much to get assistance for daycare, and I just couldn’t cover my bills,” said Elsa. “I didn’t want to get help, but I needed it, or our electricity was going to be shut off.” She had a young child and was pregnant when she came to Catholic Charities. “I came in crying. It was hard to admit I needed help, but Catholic Charities was such a blessing.”

Elsa received assistance with her electric bill, and she also enrolled in the Pregnancy Maintenance (PMI) Program. “My PMI Counselor and I talked about my plans and goals. She was really honest and helpful. It was good to have someone to talk to. I got advice, and she was there when I needed her. There were things for my baby that I could not afford, and it was amazing to get a baby bath and bassinet. Catholic Charities also helped me with prenatal vitamins, clothes for the baby, diapers, wipes, and baby food. Catholic Charities is really there to help you when you are down.”

Elsa was determined to make things better for her family. When she was 5 months pregnant, she set her sights on a job with better pay and benefits that would give her family a brighter future. She turned in her application and went back every other day to check on the progress. “I was persistent and

was hired part time, and then promoted to full time when I was eight months pregnant. I am finally making enough money to pay my bills and put some into savings. Right now, we live in a trailer but I promised myself when I moved in that this was just going to be my starter home. I planned to get a job that paid well so that I could buy a real house for my family.” Elsa excitedly added that she knows God is on her side.

“It was hard to admit I needed help, but Catholic Charities was such a blessing.”

Krystal’s Family Bond is Strengthened

Krystal and Jeremy started dating when she was just 15, and they will soon be celebrating their 9th anniversary. Like all marriages, they have had their ups and downs which were compounded by the fact they became parents at a young age.

“By 19, I already had two children. I dreaded going out to someplace like a store with both of them. I got angry easy, but I wanted to do everything I could to be a good mom and wife.”

Krystal came to Catholic Charities to meet with a counselor. “I didn’t really think that talking to a stranger would help, but it did. I felt like throughout my life people weren’t there for me. People had hurt me.” Jessica Palen, the PMI counselor in Manhattan, gave Krystal a different outlook and encouraged her to allow people into her inner circle again.

When Krystal was pregnant with her son, her husband broke his hand and couldn’t work. After getting behind on their bills, they came to Catholic Charities for help. Krystal praised Catholic Charities, “They were there when I had no one and nowhere to turn. They gave me a boost when I needed it most.”

Jessica encouraged Krystal to enroll in the Pregnancy Maintenance (PMI) program during that time. They set goals and established what Krystal wanted to accomplish and what needed to be done to prepare for her new baby. “It was easy to talk with Jessica. I never felt like she judged me.” By talking with Jessica, Krystal was able to work through her problems. “I have come so far! I really don’t even get angry anymore. God knew I was ready to let go of my anger. I didn’t know how to do it on my own. Talking to Jessica really helped!” Catholic Charities helped to bring their family closer together. “We wouldn’t have been able to do this without the support from Catholic Charities. It just wouldn’t have been possible. We just needed a little extra help to get back on our feet,” Krystal stated. “It is a great feeling to know someone is out there who wants to help people like us.”



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Changing Lives ... One at a Time



Deborah's Hope is Renewed

Deborah, 54, has had a life-long battle with depression and anxiety. Although her depression made it difficult, she worked at a local factory for 30 years until a nervous breakdown and chronic pulmonary disease overtook her life, and she began receiving disability benefits.

"I go through times when I feel like I am not worth anything," Deborah said. "I can't work. I am just basically paying my bills which leaves me around \$150 each month. One month, we were out of money and hungry, so I got a \$100 payday loan to buy groceries. Because I didn't have the \$100 to pay it back, they kept loaning me \$100 each month until I hit the maximum of \$500. I was paying them \$72.50 interest each month for over a year and still owed them \$572.50. That \$72.50 had to come out of the \$150 I had left after my bills which meant we had even less money for food."

She didn't know what she was going to do, "Between my medical bills and the payday loan, we weren't going to survive."

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Catholic Charities helped Deborah pay off her payday loan by obtaining a low-interest bank loan through the Kansas Loan Pool Project, and Cheryl Walters, Emergency Assistance Coordinator at Catholic Charities, helped connect Deborah to other resources and assisted her in working with the hospital to write off a significant portion of her bill. Catholic Charities paid the remaining portion of her bill through its program which provides financial assistance to clients with mental disabilities.

"The help I got at Catholic Charities has really helped me and relieved my stress. I can finally sleep at night and have healthy food in my refrigerator," said Deborah with a smile. "Employees at Catholic Charities open their hearts. They are so friendly and knowledgeable. They treat you well. God bless them, and all the people who make this possible."

Deborah noted, "God opens all doors to us. He opens the door when you need help. That door to Catholic Charities was HUGE!"

In December, Deborah went into respiratory failure and was placed on a ventilator in the ICU for 10 days. After fighting for her life, she didn't know what she was

Cheryl Finds Her Guardian Angel

"My husband and I had always worked, and we were hard workers," Cheryl said. "In 2013, Greg was getting ready to fix our car, and he just collapsed." Tears welling up in her eyes, Cheryl sadly recounts the day that Greg was flown by Life Flight to a hospital in Wichita, "I thought we were going to lose him." They found out that Greg was missing a heart valve and had suffered an aneurysm that almost cost him his life.

Their medical bills and Greg's absence from work put them behind on all of their bills. Greg still needs more surgeries, and both of them are unable to work because of severe health issues. Greg receives disability, but Cheryl's case is still being reviewed. For now, they survive on one limited income.

Cheryl said, "I wouldn't be here if we weren't in dire need." Catholic Charities assisted them with some medical expenses and helped them keep their utilities from being disconnected.

"Right now, I have two prescriptions that I need, but I can't pick them up because they are more than \$100. We don't have the money." Greg is diabetic and needs special food, but healthy food is expensive, so they are praying that neighbors will help them plant a garden to have fresh vegetables. A grateful Cheryl stated, "Catholic Charities is our guardian angel. I want to thank everyone that has donated to help people like us. It is just wonderful – God bless them all!"



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Support Catholic Charities!

Register your Dillons' Shopper's Plus Card and earn money for Catholic Charities each time you use it. It's quick and easy!



1. Go to www.dillons.com/communityrewards.
2. Click "Enroll Now."
3. Sign in to your online account, or create an account.
4. Find and select Catholic Charities of Northern Kansas (29632), and click "Save."

We appreciate your support!

ONLINE DONATIONS

It's quick, easy, safe and secure!

You can make a one-time donation or set up a monthly, quarterly or yearly donation.

DONATE NOW

www.ccnks.org

- YOU ARE INVITED -

2015 CATHOLIC CHARITIES ANNUAL FUNDRAISER

Sunday, July 12
5:00 pm – 7:00pm

The Ambassador Hotel & Conference Center
1616 W. Crawford, Salina

Social, Cash Bar, Dinner, Live Auction!

Dinner is complimentary – RSVP ONLY!

**Seating is limited, make your reservation TODAY!*

Return RSVP card below
or contact Jeanie Warner
785-825-0208 or jwarner@ccnks.org

RSVP Deadline is July 3, 2015



**\$60,000
Donation Match
through July 12**

Anonymous donors have offered a dollar-for-dollar match for donations up to \$60,000. Every dollar you donate is doubled! Help us turn \$60,000 into \$120,000 by making your donation today and help us Give the Gift of Hope to families in crisis.

CATHOLIC CHARITIES 2015 ANNUAL FUNDRAISER RSVP

Yes, I am able to attend. Number attending: _____

No, not able to attend, but please accept my donation of \$ _____ towards the \$60,000 Match.

Check/Cash (Please make checks payable to **Catholic Charities**.)



Card Number _____ Exp. Date _____ Security Code _____

Name _____

Address _____

City _____ St _____ Zip _____

Telephone _____ Email _____


(so we can notify you when your donation has been processed)



425 W. Iron Ave. • P.O. Box 1366
Salina, KS 67402-1366

RETURN SERVICE REQUESTED

www.ccnks.org

 Remember to like us on Facebook!
Catholic Charities of Northern Kansas

Upcoming Events

- MAY 2 Baby Bottle Campaign Started – Hays
- MAY 10 Baby Bottle Campaign Started – Manhattan
- JUNE 21 Baby Bottle Campaign Ends – Hays
- JUNE 27 Baby Bottle Campaign Ends – Manhattan
- JULY 3 RSVP DEADLINE – Annual Fundraiser
- JULY 12 10th Annual Catholic Charities Fundraiser**
- AUGUST 8 & 9 Catholic Charities Annual Collection

OUR MOST NEEDED ITEMS:

1. New Socks and Underwear
2. Shampoo and Soaps (travel or full size)
3. Deodorant
4. Toothpaste

If you would like to donate items to Catholic Charities, contact the office nearest you.

IMMIGRATION MINISTRY Our immigration specialists will be traveling to our Manhattan and Hays offices each month to provide legal, family-based immigration petitions. If you would like to schedule an appointment, call the Salina office at 785-825-0208.

HAYS – 2nd Thursday of each month • MANHATTAN – 3rd Thursday of each month