



Upholding the Dignity of the Elderly

- ▼ When Sheila Sauvageau's doorbell rings at 1 p.m. every Wednesday, she immediately feels as though a heavy weight has been lifted.

The person at the door, a volunteer with Catholic Charities' Caregiver Support, gives Sheila a much-needed break from her full-time job of caring for her husband Sam, who suffered multiple strokes nearly two years ago.

"Catholic Charities puts me so much at ease and takes a burden off my shoulders," Sheila said, alluding to the difficulty of being an around-the-clock caregiver for a loved one.

The Sauvageaus are not alone in their situation or in their need for help, said Barbara Johnson, program manager of Caregiver Support. As baby boomers reach their retirement years, more family members take on the responsibility of caring for loved ones.

The program offers Sheila and caregivers such as her education and comprehensive support so they can find a healthy balance between caring for their loved ones and themselves.

Once a week, a volunteer comes with her young daughter to help Sheila prepare the week's meals. Other volunteers have completed landscaping and painting projects that Sheila's severe arthritis prevents her from doing. The weekly

respite allows her to run errands while her "mind is free of worry," Sheila said.

Sheila is quick to point out that the benefits of participating in the Caregiver Support program aren't just for her.

"Interaction with someone besides me is a highlight in Sam's life," she explained. "All the volunteers have been so good and so caring."

Community Connections

"Often, elderly people are very isolated in their community," Johnson explained. "They may be unable to drive and may have lost many of their friends."

The goals of Catholic Charities' Caregiver Support and Senior Care Management programs are to uphold the dignity of this often-isolated population and help the elderly maintain as much independence as possible.

Senior Care Management connects elderly clients with community resources and support. Case managers develop individualized care plans that ensure basic needs are met. Help includes completing insurance applications, securing new wheelchairs and planning meals.

Volunteers provide vital services to the program. From driving elderly clients to medical appointments to going grocery shopping for a homebound person,



© Photo by Dave Hrbacek, The Catholic Spirit

Catholic Charities' Caregiver Support program offers respite to Sam and Sheila Sauvageau

volunteers help uphold dignity in the simplest of ways.

And volunteers make caregivers such as Sheila grateful. She's grateful to her priest at St. Bernard's who first told her about Catholic Charities' services and grateful for the volunteers who add so much to her and Sam's lives.

"They are not just volunteers. We're all getting to be friends," she said. "I appreciate Catholic Charities more than I can describe."

If you know of an elderly person who may benefit from Caregiver Support or Senior Care Management, please call 651-215-2246.

As a member of a faith community, you give witness to issues of charity and justice. Consider supporting those most in need by becoming involved with Catholic Charities. Let us know how you would like to make a difference:

- E-mail news and updates
- Monthly giving clubs
- I have already included Catholic Charities in my estate plans
- Other _____
- Volunteer opportunities
- Estate or planned gifts
- Program site visits
- Advocacy/Issue action teams

Name _____

Street Address _____

City/State/Zip _____

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Parish/Congregation _____

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CATHOLIC CHARITIES

Parish Outreach
1200 Second Avenue South
Minneapolis, MN 55403

612-664-8781

Visit us online at
www.cctwincities.org/parish

Volunteer Opportunities

Volunteers provide essential support to Catholic Charities' programs for the elderly. The Senior Care Management and Caregiver Support programs rely on volunteers to assist elderly people with daily tasks and provide respite for primary caregivers.

Friendly visitor volunteers spend time with elderly people while caregivers take much-needed breaks or complete errands. Grocery shoppers and transportation helpers aid elderly people so they may remain in their homes and communities as safely and as independently as possible.

Volunteer opportunities are available in Hennepin, Ramsey, Carver and Scott counties. All volunteers receive thorough training and ongoing supervision.

To volunteer with Catholic Charities, visit www.ctwincities.org or call 612-664-8600.

From Fr. John's desk

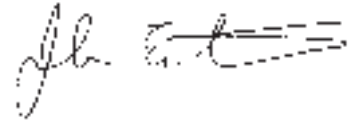
The Easter promise delivers the message that we must live our lives not in the safety of the church walls and our homes but out in the world. Jesus' final words before the Ascension command us to spread God's love.

On its surface, the task seems relatively easy. But the challenge requires each of us to tend to our gifts by serving others. It challenges us to put into action our belief that all have innate dignity because all are made in the image and likeness of God, to seize opportunities to bring compassion to others, to do acts that may not seem like much but make God real and present.

Your decision to support Catholic Charities of St. Paul and Minneapolis

provides tangible evidence that you tend your gifts. We receive 5 percent of our funding from the archdiocese, but rely on your direct support to meet our budget goals.

The impact on our clients' lives reminds us that everything we are and everything we have is a gift from God. The proper response is one of thanksgiving. By serving each other, we give voice to that gratitude and glory to God.



Fr. John Estrem, Chief Executive Officer



Parishes Put Faith into Action

Basilica of St. Mary Partners with Catholic Charities

The Basilica of St. Mary, Minneapolis, has partnered with Catholic Charities to feed the hungry and serve those most in need for 30 years. The Basilica helped found Catholic Charities' Branch II Food Shelf and continues to support the program. Groups from the Basilica also purchase, prepare and serve meals at Catholic Charities' Branch III and Secure Waiting Space programs several times a month.

Parishes Hold Food Drives for the Dorothy Day Center Food Shelf

Several parishes have held food drives to help Catholic Charities respond to an increase in the number of families visiting its three food shelves. Mary, Mother of the Church in Burnsville and Lumen Christi Catholic Community in St. Paul are among the parishes that have supported the food shelf at the Dorothy Day Center. Last year, Catholic Charities recorded a 14 percent increase in food shelf usage at its three food shelves.

Parishes Provide Support to Catholic Charities' Rural Counseling

Catholic Charities' Counseling Services supports people throughout the Archdiocese of St. Paul and Minneapolis. Its three Rural Counseling offices are located at Divine Mercy Catholic Parish in Faribault, St. Henry's Catholic Church in Monticello and Friendship House in Red Wing. The parishes provide space for therapeutic services to people with low to moderate income.

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Thank you for considering partnering with Catholic Charities to help those most in need.

If you would like to learn more about involving your parish with Catholic Charities, please call Lynn Varco, director of the annual fund and parish outreach, at 612-664-8781 or e-mail lvarco@ccspm.org.

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