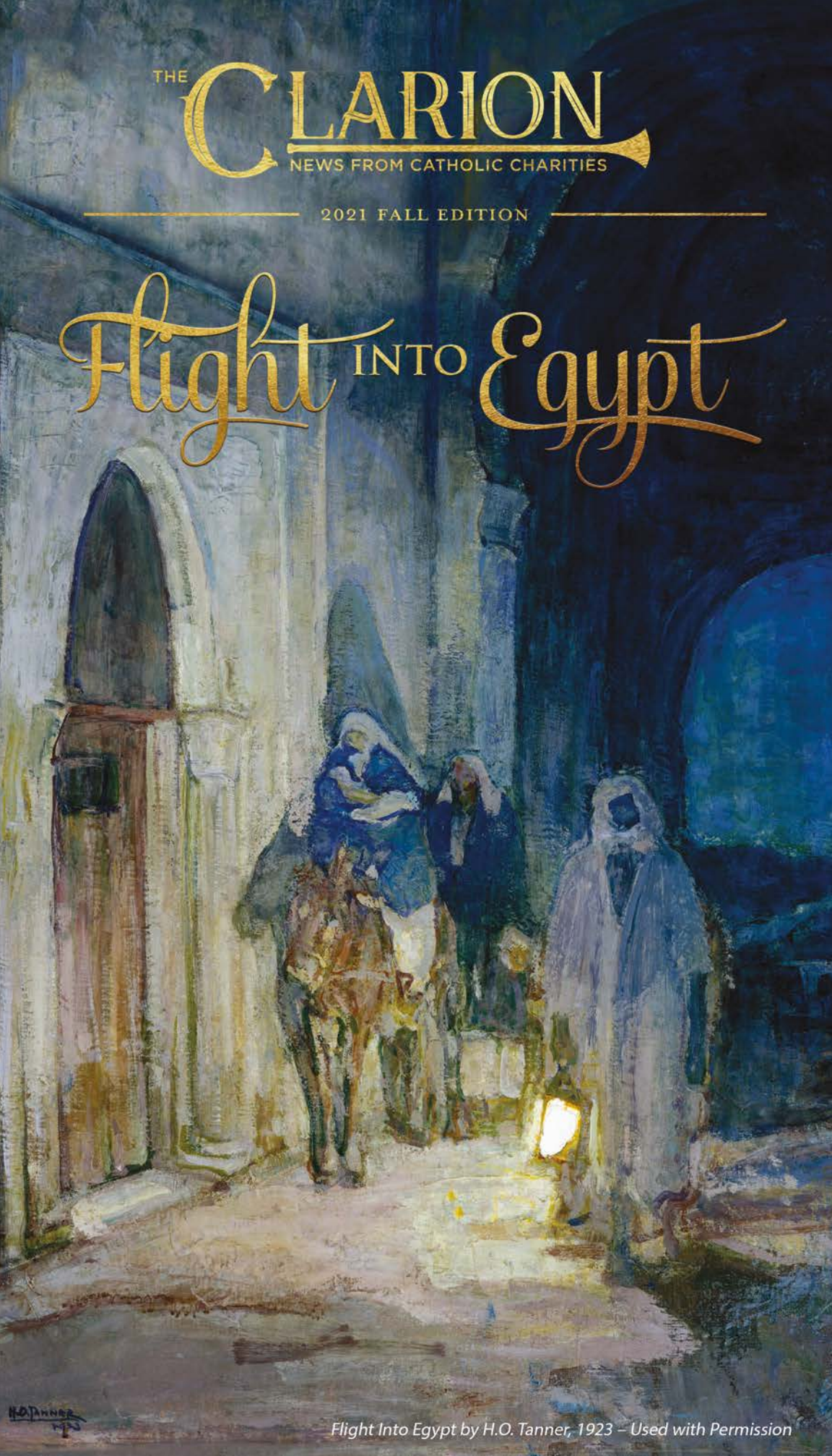


THE **CLARION**
NEWS FROM CATHOLIC CHARITIES

2021 FALL EDITION

Flight INTO *Egypt*



Flight Into Egypt by H.O. Tanner, 1923 – Used with Permission

Dear Catholic Charities' Stakeholders,

As we approach the end of 2021, we are more grateful than ever to have you by our side. Over the last several months, our agency has been entrusted to serve even more families through our Refugee Resettlement Program, which is directed by the U.S. Conference of Catholic Bishops, and through the Fort Wayne Community ID Card, which is a partnership with the Fort Wayne Mayor's Office. As the Human Services Arm of the Catholic Church, we are responding to these requests with a sense of urgency and a compassionate heart.

As part of our Catholic faith, we believe that individuals have a right and a duty to participate in society. To date, we have issued more than 1,000 Fort Wayne City Identification Cards with the goal of making our city safer and boosting our local economy. Our Refugee Services team has aided over 75 Afghan individuals to create a new life in Fort Wayne. We are now gearing up to do the same in South Bend. In addition, because of your support, more teen parents have graduated from high school, more seniors have been placed in jobs, more families have been able to keep their lights on, and more students and parishioners have benefited from our counseling and clinical liaison referral services.

During the holy season of Advent, I cannot help but think of the similarities between the Holy Family and many of the clients we serve. A young mother. A child with no place to rest his head. A family forced to leave their country and flee to safety. We are truly doing God's work at Catholic Charities on behalf of the Church, and we could not fulfill our Mission without your generosity and support.

Please join me in daily prayer for the thousands of people we serve across the diocese and the staff members who work tirelessly to provide the aid that is so desperately needed.

We wish you a blessed Christmas season and again thank you for all your time, talents and gifts that allow us to serve all those in need as Christ would have us do.

Yours in Christ,



Dan Florin
*Interim CEO of Catholic Charities
of the Diocese of Fort Wayne-South Bend*



Regional Updates

REGION EAST

Catholic Charities East Region Office has been partnering with the City of Fort Wayne to assist residents of Fort Wayne with the Emergency Rental Assistance Program. We have helped nearly 100 applicants since April.

The East Region Office has been an on-site partner with Connect Allen County since it opened in May 2021. We receive referrals weekly to provide assistance to individuals in need.

East Region Office has resettled 75 Afghan individuals since October. Since the announcement of the Fort Wayne City ID Program on October 14th, we have issued over 1,000. In addition, we continue to provide support to clients through our ECHO, Hispanic Health Advocate and counseling programs.

REGION NORTH

In September, the North Region Office's Annual Classic Car Quilt went up for auction and sold for a record-breaking \$25,000. In memorial of the 20th Anniversary, the quilt was dedicated to the remembrance of 9/11. The quilt was stitched by RSVP volunteers, Diana Wiedenhoef, Carol Baker, Jan Hartman, Mary Lou Pfenning, Sheryl Prentice, Sylvia Tjaden, Becky Bock and Paula Reuille.

Catholic Charities North Region Office held it's RSVP Volunteer Recognition Luncheon to thank all the amazing RSVP volunteers that dedicate their time, skills and heart to make the community a better place.

- **1,000 VOLUNTEER HOURS AWARD:** Jan Hartman and Mary Kay Hursh
- **750 VOLUNTEER HOURS AWARD:** Marcella Gerig, Sue Cook, Mary Lou Pfenning, Marc Tjaden, Judy Richter, and Charlotte Landers
- **500 VOLUNTEER HOURS AWARD:** Phyllis Farmer, Beth Treesh, Doris Hamman, Barbara Wolf, Loretta Johnson, Teri Jarrett, and Betty Gibb

REGION WEST

Catholic Charities' West Region Office received its 12th perfect inspection of the food pantry by the Health Department. Recently, the Food Bank of Northern Indiana also conducted a successful site visit.

The West Region Office has extended the relationship with the St. Joseph County Emergency Rental Assistance Program to serve as a walk-in/by appointment site for those who may need assistance in filling out and submitting the application.

The West Region Office was approved to provide traditional refugee resettlement activities and will also be working to resettle Afghan refugees through the APA Program. The office is currently hiring case managers.

City ID Program

Catholic Charities is privileged to be partnering with the City of Fort Wayne on the vital City Identification Program. Our agency serves individuals in fourteen counties of northeastern Indiana, and as a result, our staff have seen first-hand the positive benefits of the City Identification Card initiatives for our clients in South Bend, Elkhart, Goshen, and Plymouth.

Difficulty in obtaining an ID card has long kept members of our community feeling sidelined. As part of our Catholic faith, we believe each human person should have the freedom to access benefits as basic as receiving a library card and as important as having identification to provide police officers, to open bank accounts, open city utilities and a host of other vital services.

In the end, we believe the initiative will contribute to the overall health and safety of all our community members.

Catholic Charities is committed to making a positive difference for individuals and families.

City ID FAQ

Q: Is this a legal document?

A: It is not a state-issued ID but will be accepted by city officials as a proof of identity, or any other organization, agency or entity under the jurisdiction of the City of Fort Wayne.

Q: Why are the cards not issued directly by the city or the BMV?

A: City Identification Cards are not a state government-issued ID

Q: Who might be interested in getting a city ID?

A: Anyone who needs identification for daily activities but is having trouble collecting the necessary documents to access a state-issued ID. Activities this would be helpful for include picking up children from daycare, going to the doctor or taking their child to the doctor, getting a library card, or providing proof of identity for city officials such as the parks department or police officers.

Q: Are there situations where a City Identification Card would not be sufficient?

A: Yes. Among other things, a community identification card would not authorize the holder to:

- Vote
- Drive
- Board an airplane
- Access public benefits like food stamps or Medicaid

A Fort Wayne City ID card is not recognized outside the City of Fort Wayne. Private businesses may use their discretion in deciding whether or not to accept a City ID card as valid unless otherwise directed by state or local law. ID's will be issued by appointment only. Please call our office to make an appointment at **260-422-5625**.

Program Launch

On November 10th, Catholic Charities invited key stakeholders to celebrate the launch of the City ID program. Organizations like La Casa De Amistad, Language Network Services, Allen County Public Library, El Mexicano News, the City of Fort Wayne and more gathered to hear remarks from Bishop Rhoades and Mayor Tom Henry. Later, both Bishop Rhoades and Mayor Henry received the Fort Wayne City ID card.



Samir's Story

At 34, Samir Zubair is the picture of the American Dream—married, father of two, regional manager for Wendy's Restaurants, US Army veteran and deeply grateful US citizen.

To realize his dream, though, he had to endure a nightmare. At age 8, his father, a government official, was murdered by the Taliban in his native Afghanistan. Under constant threat themselves, Samir, his mother and three siblings applied for refugee status, which was eventually granted five years later.

At 13, he came to Fort Wayne as a refugee and was thrust into a new culture that offered great challenges. He had to defend himself against bullies at school, which was all the more difficult because he did not speak English. There were many times he wanted to quit but he persevered, made friends and worked hard to master the language.

"While it was tough in the beginning, I knew this place was so much better than where I came from," he says. "When you come from a place where there are no freedoms, you see what a great blessing America is."

Samir's gratitude led him to join the US Army so he could repay the debt he felt he owed to his new country. In 2009 he was



Samir in 2009 with his mother Nasreen Yusufi just prior to his deployment to Afghanistan. Nasreen now volunteers as a translator for new Afghan refugees.

deployed to Afghanistan where he was a forward observer charged with gathering intelligence. He worked under a Hispanic alias and never let the Afghan soldiers around him know he could speak their language, which in turn allowed him to gather intelligence.

Catholic Charities holds press conference

TO ANSWER QUESTIONS ABOUT AFGHAN REFUGEES.



On November 17th, Catholic Charities officials, Fort Wayne Mayor Tom Henry and other community partners from the Allen County Department of Health, East Allen County Schools, law enforcement agencies, and Camp Atterbury held a press conference to share insight into how the community works together to welcome refugee families and address questions regarding resettlement processes.

We have been resettling refugees since:

1975

We have welcomed families from:

20
DIFFERENT COUNTRIES

Afghans resettled as of the end of November:

60

“Some Afghan soldiers were Taliban and would turn on us if they got the chance,” he says. “My job was to prevent that.”

After the service, he returned to Fort Wayne to help his family run their Get-2-Go convenience stores. Then in 2019, he was recruited by Wenco, the area’s Wendy’s franchisee. Samir rose quickly through the ranks, first as store manager and then regional manager of seven area restaurants. He has enjoyed great success building teams of employees where other restaurant chains struggle. He says the intangibles that make the difference.

“The owners treated me like family so that’s how I treat my employees,” he says. “It’s not just a job. This is a place where people want to work.”

Now Samir has a chance to pay it forward to newly arriving Afghan refugees. Like he and his family, they must learn the language and culture. More immediately, because of the terms of their refugee status, they must repay the costs of their flight and become self-sufficient within 90 days. This means their first priority is getting a job.

“I’ve met some of these guys, they get off the plane, they start crying,” he says.

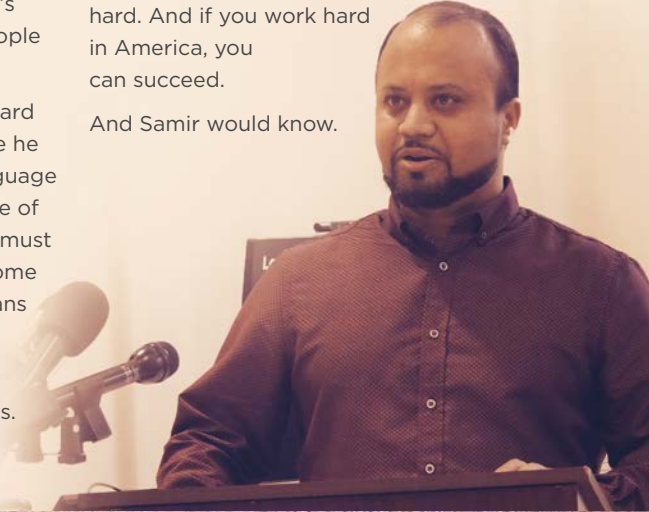
“When I offer them a job, you couldn’t believe how big their smiles on their faces (were).”

In the current job market, it is a big win for employees and employers alike. There is a chronic labor shortage, especially in the fast-food restaurants, many of which only do drive-thru service with limited hours.

Like many other area businesses, Samir reports good success employing former refugees. He believes gratitude is at the heart of it.

“As a rule, former refugees don’t take our freedoms for granted,” he says. “They repay the favor everyday by working hard. And if you work hard in America, you can succeed.

And Samir would know.



PRE-ARRIVAL
24-48 HOURS NOTICE

-  - Housing
-  - Furnishings
-  - Food
-  - Clothing

POST-ARRIVAL
90 DAYS

-  - Safety Orientation
-  - Health Screening
-  - School Enrollment
- ESL** - Cultural & ESL Orientation
-  - Government Services

SELF-SUFFICIENCY

-  - Employment
-  - Paying Bills
-  - Community Integration

86% of employable adult refugee clients find work within:

4-6
MONTHS

Refugees families must become economically self-sufficient within:

3-6
MONTHS

Trains Counselor in EMDR

Counseling can be a big step for most people, and it can feel a little nerve racking with the expectation that you're supposed to tell your deepest hurts or darkest secrets to a total stranger. However, when our past becomes our present, then it's time to deal with those hurts and secrets, so we don't allow them to affect our relationships and day-to-day functioning.

EMDR (Eye Movement Desensitization and Reprocessing) is one technique that therapists can use to help clients process and resolve their concerns. For a therapist to use EMDR, they need to be specially trained in the technique. Karen Campbell, LMHC was trained in April 2021 by EMDR Consulting likes how it empowers clients while helping them untwist thinking and feel better in a way that sustains.

Your brain is a complex organ and its ability to learn and adapt, is what can help you survive a traumatic event. But those events are also emotionally charged in a way that can prevent additional adaptations. Have you ever noticed that it's easier to



Karen Campbell, LMHC

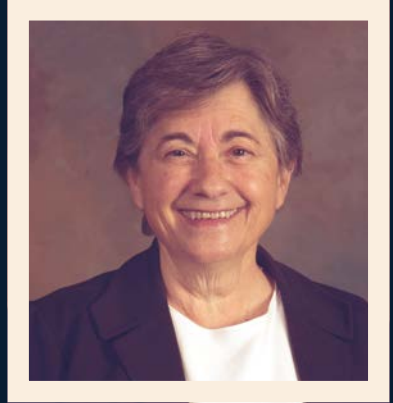
remember the negative experiences, and we may have to make efforts or be reminded of the positive ones? That's because our brain is hard wired for survival and the events that teach us how to survive will be the strongest. However, it can also keep us stuck in that mode or revisiting those events and thoughts in our brains.

If you notice that unhelpful thoughts of the past pop up at random times, you're overreacting to situations that aren't threatening, you second-guess yourself, or feel like everyone is against you, then it may be time to talk with someone and consider an EMDR trained therapist to not just talk through the events, but help your brain reprocess and regain its ability to learn and adapt again. You are stronger than you may know and we want to help you believe those inner strengths and be the person God has made you to be.

HOW TO ACCESS

Catholic Charities Counselors

- 1. Catholic Schools** — Our counseling services are continuing to grow across the diocese. By the beginning of 2022, our services will be in eight diocesan schools, while also filling students' needs as they arise.
- 2. Catholic Parishes** — Parishioners in need can contact our Clinical Liaison Chris Nowak. These services connect those struggling with mental health to a trusted provider that fits their unique needs. Contact your parish office.



Chris Nowak, Clinical Liaison

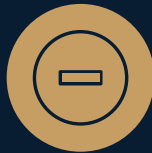
EMDR HAS BEEN SUCCESSFULLY USED TO TREAT:



ANXIETY



**PANIC
ATTACKS**



**GRIEF &
LOSS**



DEPRESSION



ADDICTIONS



ANGER



PHOBIAS



**PERFORMANCE
ANXIETY**



**SLEEP
PROBLEMS**



**TRAUMATIC
MEMORIES**



**LOW SELF-
ESTEEM**



TRUST ISSUES

Help and Hope

Catholic Charities' East Region Director Tiffany Goble received a call from our front desk stating that a gentleman was in our lobby requesting help. When she went to the lobby, she immediately noticed the man was wearing a veteran's hat. As Tiffany introduced herself, she asked if he is a veteran, to which he replied, "Yes, ma'am."

Spending time volunteering to help veterans, these heroes hold a special place in Tiffany's family. She thanked him for his service and told him she would do whatever she could to help him get the assistance he was promised.



Tiffany Goble, East Region Director

Slouching in a wheelchair, this 80-something-year-old's clothing was soiled and unkempt and had the signs of being malnourished. Tiffany asked him how we can help. He explained that he has money, but his bank account is in Indianapolis, and he has no means to get to Indianapolis to get his money. He reported he had been in a nursing home which is what brought him into the Fort Wayne area, but after his stay was up, they took him to the shelter. They left him there without any of his personal possessions, including his driver's license or any form of identification.

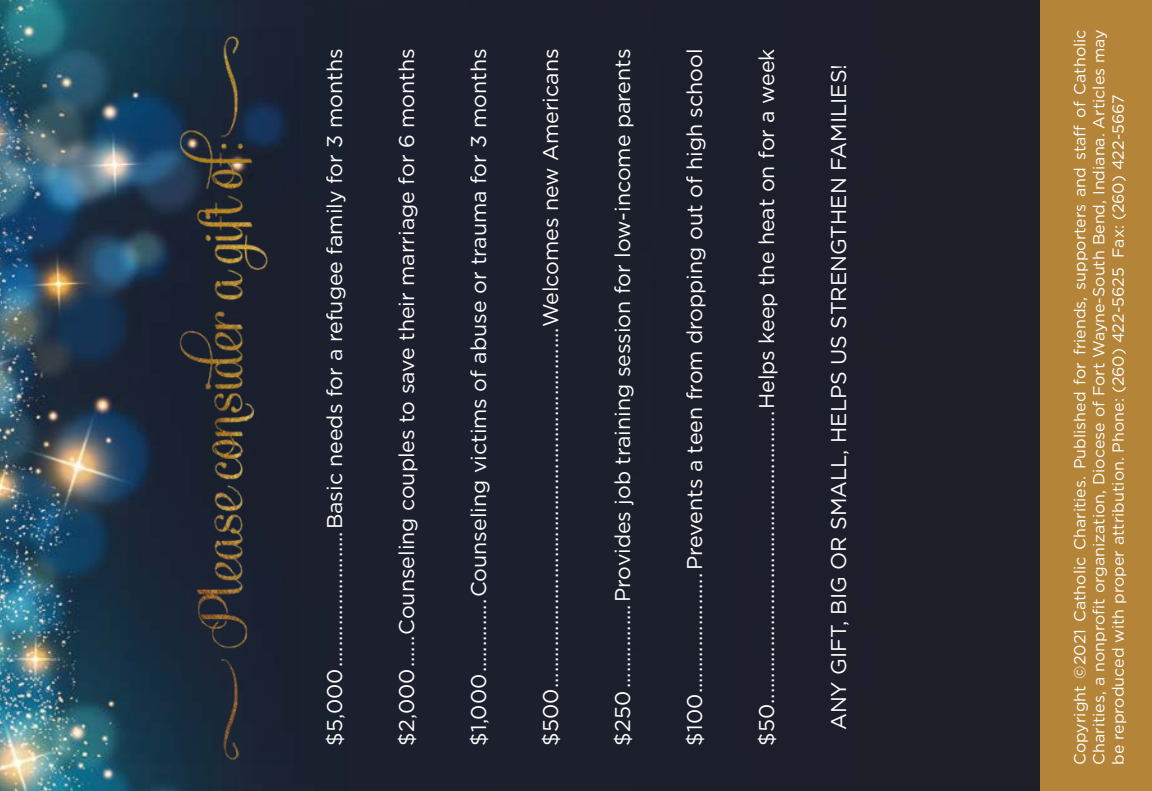
He stated he left the shelter because of a situation that occurred, and he has been staying on the streets. After further discussion with the man, Tiffany was able to gather appropriate documentation and consent forms from him to call the VA and other agencies to assist him with permanent housing. This man came into our doors as a homeless veteran and by the end of the day had his own place to live.

As the weather grows colder, the homeless population needs items to stay warm, food to eat, and shelter. While there are several homeless shelters, there are typically more homeless individuals than there are available beds in shelters. Some individuals may have also had barriers to staying in shelters or finding their own place to live. These barriers can consist of mental health diagnoses which makes it difficult for them to share living spaces with others, so they would prefer to stay outside if they are unable to secure their own home. Many homeless individuals face substance use addictions, which the onset is typically stemmed from a trauma of some sort. While there are several outpatient substance use services, there are not many residential services for this population in our area. Due to the pandemic and the end of the rent moratorium, we are seeing new individuals and families who are facing homelessness for the first time.

Catholic Charities is fortunate to partner with the City of Fort Wayne to have funding for case managers to walk alongside these individuals who are struggling with homelessness and other related issues such as mental health, eviction and criminal histories, employment issues, and substance use addictions. In our Mission Possible Program, we work with the Rescue Mission on coordinated entry for their clients. Our case managers are knowledgeable in the services and resources available to these individuals and aid four to six weeks before clients transition out of the shelter.

Catholic Charities helps them overcome barriers of self-sufficiency, such as: job development, applications of assistance, housing applications, opening a bank account, accessing healthcare, filling out applications for government aided cell phones and more. These services are instrumental to the homeless population to help them find hope to move forward in becoming self-sufficient. In most cases, it isn't because they don't want to, it is because they have never been shown how. At Catholic Charities, we are teachers and mentors to our clients while they uncover their God-given potential.





Please consider a gift of:

- \$5,000..... Basic needs for a refugee family for 3 months
- \$2,000..... Counseling couples to save their marriage for 6 months
- \$1,000 Counseling victims of abuse or trauma for 3 months
- \$500..... Welcomes new Americans
- \$250 Provides job training session for low-income parents
- \$100 Prevents a teen from dropping out of high school
- \$50..... Helps keep the heat on for a week

ANY GIFT, BIG OR SMALL, HELPS US STRENGTHEN FAMILIES!

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